



MENUS FOR MARCH 2026: DARE EARLY COLLEGE

MON, MARCH 2

Chicken & Waffles

FRUIT & VEGETABLE CHOICES

- Glazed Sweet Potatoes
- Steamed Cabbage
- Peach Cup
- Fresh Fruit

Variety of Milk

TUES, MARCH 3

Mozzarella Sticks w/ Marinara

FRUIT & VEGETABLE CHOICES

- Green Beans
- Crinkle Cut Potatoes
- Fresh Fruit
- Variety of Fruit Juice

Variety of Milk

WED, MARCH 4

Macaroni & Cheese w/a Breadstick

FRUIT & VEGETABLE CHOICES

- Corn
- Lima Beans
- Mixed Fruit
- Variety of Fruit Juice

Variety of Milk

THUR, MARCH 5

Chicken Filet on a Bun

FRUIT & VEGETABLE CHOICES

- Mashed Potatoes
- Spinach
- Strawberry Applesauce
- Fresh Fruit

Variety of Milk

FRIDAY, MARCH 6

Nardone's 6" Cheese Pizza

FRUIT & VEGETABLE CHOICES

- Potato Smiles
- Bagged Carrots
- Fresh Fruit
- Variety of Fruit Juice

Variety of Milk

MON, MARCH 9

Hot Dog on a Bun

FRUIT & VEGETABLE CHOICES

- Spiral Potatoes
- Steamed Peas
- Fresh Fruit
- Pineapple Tidbits

Variety of Milk

TUES, MARCH 10

Nachos

FRUIT & VEGETABLE CHOICES

- Pico de Gallo
- Seasoned Black Beans
- Peach Cup
- Variety of Fruit Juice

Variety of Milk

WED, MARCH 11

Turkey & Cheese on a Croissant

FRUIT & VEGETABLE CHOICES

- Steamed Corn
- Green Beans
- Diced Pears
- Fresh Fruit

Variety of Milk

THUR, MARCH 12

Grilled Cheese

FRUIT & VEGETABLE CHOICES

- Steamed Broccoli
- Tater Tots
- Fresh Fruit
- Variety of Fruit Juice

Variety of Milk

FRIDAY, MARCH 13

OPTIONAL WORKDAY

(No Classes)

BREAKFAST MENU

Monday - Donuts

Tuesday - Muffin

Wednesday - Cereal Bar or Pop-Tart

Thursday - Cherry Strudel

Friday - Fruit Loop Bag

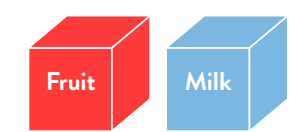
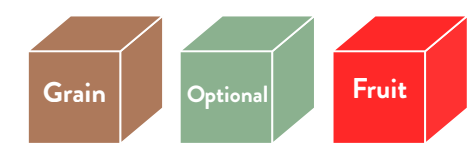
Additional Breakfast selections may include: a variety of whole grain rich breads and grains. Examples are: muffins, cinnamon bun, toaster pastry, cereal and more.

Fruit and a variety of milk are offered with all breakfasts.



Student Breakfast

Select 3 or 5 menu blocks





MENUS FOR MARCH 2026: DARE EARLY COLLEGE

MON, MARCH 16

Corn Dog Nuggets

FRUIT & VEGETABLE CHOICES

- Steamed Broccoli
- Sweet Potato Fries
- Strawberry Cup
- Variety of Fruit Juice

Variety of Milk

TUES, MARCH 17

Chicken Tenders w/ Sister Schubert's Roll

FRUIT & VEGETABLE CHOICES

- Mashed Potatoes
- Steamed Peas
- Diced Pears
- Variety of Fruit Juice

Variety of Milk

WED, MARCH 18

Cheeseburger on a Bun

FRUIT & VEGETABLE CHOICES

- Potato Smiles
- Baked Beans
- Fresh Fruit
- Variety of Fruit Juice

Variety of Milk

THUR, MARCH 19

Spaghetti w/ Beef Sauce & a Breadstick

FRUIT & VEGETABLE CHOICES

- Green Beans
- Cole Slaw
- Applesauce
- Fresh Fruit

Variety of Milk

FRIDAY, MARCH 20

Cheesy Bites w/ Marinara

FRUIT & VEGETABLE CHOICES

- Crinkle Cut Fries
- Bagged Carrots
- Fresh Fruit
- Dried Fruit

Variety of Milk

MON, MARCH 23

Chicken & Waffles

FRUIT & VEGETABLE CHOICES

- Glazed Sweet Potatoes
- Steamed Cabbage
- Peach Cup
- Fresh Fruit

Variety of Milk

TUES, MARCH 24

Mozzarella Sticks w/ Marinara

FRUIT & VEGETABLE CHOICES

- Green Beans
- Crinkle Cut Potatoes
- Fresh Fruit
- Variety of Fruit Juice

Variety of Milk

WED, MARCH 25

Macaroni & Cheese w/a Breadstick

FRUIT & VEGETABLE CHOICES

- Corn
- Lima Beans
- Mixed Fruit
- Variety of Fruit Juice

Variety of Milk

THUR, MARCH 26

Chicken Filet on a Bun

FRUIT & VEGETABLE CHOICES

- Mashed Potatoes
- Spinach
- Strawberry Applesauce
- Fresh Fruit

Variety of Milk

FRIDAY, MARCH 27

Nardone's 6" Cheese Pizza

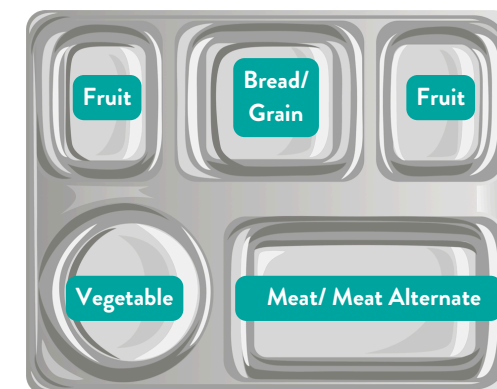
FRUIT & VEGETABLE CHOICES

- Potato Smiles
- Bagged Carrots
- Fresh Fruit
- Variety Fruit Juice

Variety of Milk

STUDENT LUNCH

Select 3 to 6 menu blocks for a complete student lunch. Students **MUST** select 1 **FRUIT** or **VEGETABLE** + 2 or more menu blocks. Students may select **ALL** vegetable choices.



DARE COUNTY SCHOOLS SCHOOL NUTRITION

Disclaimer for Nutrition and Ingredient Information, As of 11/21/14: Parents, school nurses and others sometimes want nutritional and ingredient information for school menu items. To assist our families, nutrition information and menu ingredients for school menu items can be provided. In accordance with the Food Allergen Labeling and Consumer Protection Act, the major allergen ingredients of milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans are supposed to be identified on food labels provided by vendors. Other allergen ingredients are not necessarily identified. The information we provide about nutritional values and product ingredients, including major food allergens, is obtained from the vendor/manufacturer of the specific products. However, a number of variables can affect the accuracy of the information, such as changing ingredients or production practices, inaccurate labels, substitutions, and so forth. Therefore, while reasonable efforts have been made, we do not guarantee the accuracy of the nutritional information or ingredient information provided. This information is general only and is not to be considered medical or nutritional advice.



MENUS FOR MARCH 2026: DARE EARLY COLLEGE

Breakfast & Lunch is FREE for all K-12 students! Adults pay by items selected.

MON, MARCH 30

Hot Dog on a Bun

FRUIT & VEGETABLE CHOICES

Spiral Potatoes
Steamed Peas
Fresh Fruit
Pineapple Tidbits

Variety of Milk

TUES, MARCH 31

Nachos

FRUIT & VEGETABLE CHOICES

Pico de Gallo
Seasoned Black Beans
Peach Cup
Variety of Fruit Juice

Variety of Milk



SCHOOL NUTRITION TIPS

Add some green to your life and plate this month!

 **Broccoli** - Packed with Vitamin C — it helps your body fight germs and support your immune system.

 **Spinach** - Loaded with iron to help carry oxygen through your body and give you energy.