

MENUS FOR APRIL 2026

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

MON, MARCH 30

CHOOSE ONE ENTRÉE

Hot Dog on a Bun
Fruit & Yogurt Parfait

MIDDLE & HIGH
Spicy Chicken on a Bun

FRUIT & VEGETABLE CHOICES

Spiral Potatoes
Steamed Peas
Fresh Fruit
Pineapple Tidbits

Variety of Milk

TUES, MARCH 31

CHOOSE ONE ENTRÉE

Nachos
Roasted Chicken & Salsa Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Stuffed Crust Pizza

FRUIT & VEGETABLE CHOICES

Pico de Gallo
Seasoned Black Beans
Diced Peaches
Variety of Fruit Juice

Variety of Milk

WED, APRIL 1

CHOOSE ONE ENTRÉE

Garlic French Bread w/ Marinara
Roasted Chicken & Mozzarella Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Turkey & Cheese on a Croissant

FRUIT & VEGETABLE CHOICES

Steamed Corn
Green Beans
Spiced Pears
Fresh Fruit

Variety of Milk

THUR, APRIL 2

CHOOSE ONE ENTRÉE

Grilled Cheese
Roasted Chicken & Veggie Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Cheeseburger on a Bun

FRUIT & VEGETABLE CHOICES

Steamed Broccoli
Tater Tots
Oatmeal Fruit Crisp
Variety of Fruit Juice

Variety of Milk

FRIDAY, APRIL 3

HOLIDAY

NO SCHOOL

MON, APRIL 6

SPRING BREAK

NO SCHOOL

TUES, APRIL 7

SPRING BREAK

NO SCHOOL

WED, APRIL 8

SPRING BREAK

NO SCHOOL

THUR, APRIL 9

SPRING BREAK

NO SCHOOL

FRIDAY, APRIL 10

SPRING BREAK

NO SCHOOL

BREAKFAST MENU

Monday - Confetti Pancakes

Tuesday - Chicken Biscuit w/
Tater Tots

Wednesday - Breakfast Pizza

Thursday - Cinnamon Roll

Friday - Donuts

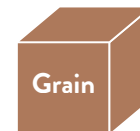
Additional Breakfast selections may include: a variety of whole grain rich breads and grains. Examples are: muffins, cinnamon bun, toaster pastry, cereal and more.

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



Student Breakfast

Select 3 or 5 menu blocks



MENUS FOR APRIL 2026

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

STUDENT LUNCH

MON, APRIL 13

OPTIONAL WORKDAY

NO CLASSES

TUES, APRIL 14

CHOOSE ONE ENTRÉE
Chicken Tenders w/ Sister
Schubert's Roll
Roasted Chicken & Salsa Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Potstickers

FRUIT & VEGETABLE CHOICES

Mashed Potatoes
Steamed Peas
Diced Pears
Variety of Fruit Juice

Variety of Milk

WED, APRIL 15

CHOOSE ONE ENTRÉE
Cheeseburger on a Bun
Roasted Chicken & Mozzarella Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Stuffed Crust Pizza

FRUIT & VEGETABLE CHOICES

Potato Smiles
Baked Beans
Icy Peach Cup
Variety of Fruit Juice

Variety of Milk

THUR, APRIL 16

CHOOSE ONE ENTRÉE
Spaghetti w/ Beef Sauce & a
Breadstick
Roasted Chicken & Veggie Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Kielbasa on a Bun

FRUIT & VEGETABLE CHOICES

Cole Slaw
Green Beans
Strawberry Applesauce
Fresh Fruit

Variety of Milk

FRIDAY, APRIL 17

CHOOSE ONE ENTRÉE
Cheesy Bites w/ Marinara
Fruit & Yogurt Parfait

FRUIT & VEGETABLE CHOICES

Cucumber & Tomato Cup
Bagged Carrots
Fresh Fruit
Dried Fruit

Variety of Milk

MON, APRIL 20

CHOOSE ONE ENTRÉE
Chicken & Waffles
Fruit & Yogurt Parfait

MIDDLE & HIGH
Stuffed Crust Pizza

FRUIT & VEGETABLE CHOICES

Glazed Sweet Potatoes
Steamed Cabbage
Peach Cup
Fresh Fruit

Variety of Milk

TUES, APRIL 21

CHOOSE ONE ENTRÉE
Mozzarella Sticks w/ Marinara
Roasted Chicken & Salsa Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Hot Dog on a Bun

FRUIT & VEGETABLE CHOICES

Green Beans
Crinkle Cut Potatoes
Diced Pears
Variety of Fruit Juice

Variety of Milk

WED, APRIL 22

CHOOSE ONE ENTRÉE
Macaroni & Cheese w/ a Breadstick
Roasted Chicken & Mozzarella Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Tangerine Chicken & NC Gold Rice

FRUIT & VEGETABLE CHOICES

Corn
Lima Beans
Mandarin Oranges
Variety of Fruit Juice

Variety of Milk

THUR, APRIL 23

CHOOSE ONE ENTRÉE
Chicken Filet on a Bun
Roasted Chicken & Veggie Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Turkey Medallions w/ Gravy &
Sister Schubert's Roll

FRUIT & VEGETABLE CHOICES

Mashed Potatoes
Spinach
Strawberry Applesauce
Fresh Fruit

Variety of Milk

FRIDAY, APRIL 24

CHOOSE ONE ENTRÉE
Nardone's 6" Cheese Pizza
Fruit & Yogurt Parfait

FRUIT & VEGETABLE CHOICES

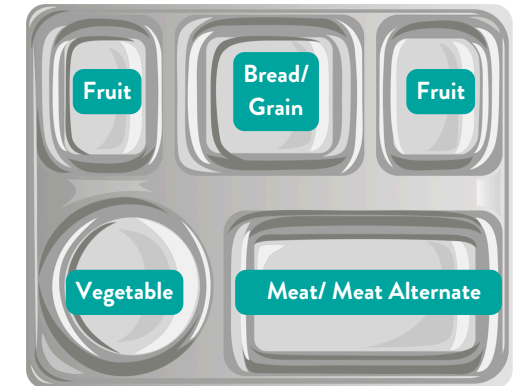
Mixed Veggie Cup
Bagged Carrots
Fresh Fruit
Variety of Fruit Juice

Variety of Milk

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 APRIL 2026

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

MON, APRIL 27

CHOOSE ONE ENTRÉE

Hot Dog on a Bun
Fruit & Yogurt Parfait

MIDDLE & HIGH
Spicy Chicken on a Bun

FRUIT & VEGETABLE CHOICES

Spiral Potatoes
Steamed Peas
Fresh Fruit
Pineapple Tidbits

Variety of Milk

TUES, APRIL 28

CHOOSE ONE ENTRÉE

Nachos
Roasted Chicken & Salsa Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Stuffed Crust Pizza

FRUIT & VEGETABLE CHOICES

Pico de Gallo
Seasoned Black Beans
Diced Peaches
Variety of Fruit Juice

Variety of Milk

WED, APRIL 29

CHOOSE ONE ENTRÉE

Garlic French Bread w/ Marinara
Roasted Chicken & Mozzarella Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Turkey & Cheese on a Croissant

FRUIT & VEGETABLE CHOICES

Steamed Corn
Green Beans
Spiced Pears
Fresh Fruit

Variety of Milk

THURS, APRIL 30

CHOOSE ONE ENTRÉE

Grilled Cheese
Roasted Chicken & Veggie Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Cheeseburger on a Bun

FRUIT & VEGETABLE CHOICES

Steamed Broccoli
Tater Tots
Oatmeal Fruit Crisp
Variety of Fruit Juice

Variety of Milk

FRI, MAY 1

CHOOSE ONE ENTRÉE

Four Cheese Pizza
Fruit & Yogurt Parfait

FRUIT & VEGETABLE CHOICES

Pepper & Tomato Cup
Bagged Carrots
Dried Fruit
Fresh Fruit

Variety of Milk



HAPPY
SPRING



SCHOOL NUTRITION TIPS

Add some veggies to your life and plate this month!

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

 **Peas - Loaded with vitamins and minerals** to support your immune system and promote healthy skin, eyes, and gut.