

DEC: MENUS FOR APRIL 2026

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

WED, APRIL 1

Garlic French Bread

FRUIT & VEGETABLE CHOICES

Steamed Corn
Green Beans
Diced Pears
Fresh Fruit

Variety of Milk

THUR, APRIL 2

Grilled Cheese

FRUIT & VEGETABLE CHOICES

Steamed Broccoli
Tater Tots
Fresh Fruit
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 - 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

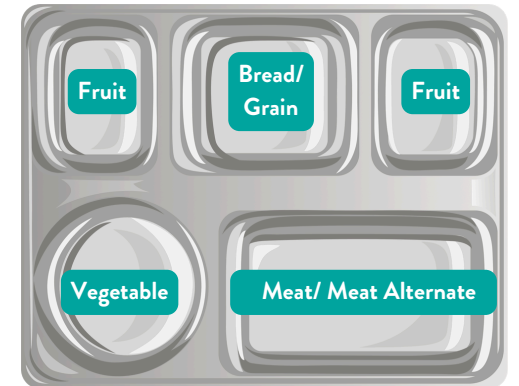


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STUDENT LUNCH

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.

MON, APRIL 13

OPTIONAL WORKDAY
NO CLASSES

TUES, APRIL 14

Chicken Tenders w/ Sister Schubert's Roll

FRUIT & VEGETABLE CHOICES
Mashed Potatoes
Steamed Peas
Diced Pears
Variety of Fruit Juice

Variety of Milk

WED, APRIL 15

Cheeseburger on a Bun

FRUIT & VEGETABLE CHOICES
Potato Smiles
Baked Beans
Fresh Fruit
Variety of Fruit Juice

Variety of Milk

THUR, APRIL 16

Spaghetti w/ Beef Sauce & a Breadstick

FRUIT & VEGETABLE CHOICES
Cole Slaw
Green Beans
Applesauce
Fresh Fruit

Variety of Milk

FRIDAY, APRIL 17

Cheesy Bites w/ Marinara

FRUIT & VEGETABLE CHOICES
Crinkle Cut Fries
Bagged Carrots
Fresh Fruit
Dried Fruit

Variety of Milk

MON, APRIL 20

Chicken & Waffles

FRUIT & VEGETABLE CHOICES
Glazed Sweet Potatoes
Steamed Cabbage
Peach Cup
Fresh Fruit

Variety of Milk

TUES, APRIL 21

Mozzarella Sticks w/ Marinara

FRUIT & VEGETABLE CHOICES
Green Beans
Crinkle Cut Potatoes
Fresh Fruit
Variety of Fruit Juice

Variety of Milk

WED, APRIL 22

Macaroni & Cheese w/ a Breadstick

FRUIT & VEGETABLE CHOICES
Corn
Lima Beans
Mandarin Oranges
Variety of Fruit Juice

Variety of Milk

THUR, APRIL 23

Chicken Filet on a Bun

FRUIT & VEGETABLE CHOICES
Mashed Potatoes
Spinach
Strawberry Applesauce
Fresh Fruit

Variety of Milk

FRIDAY, APRIL 24

Nardone's 6" Cheese Pizza

FRUIT & VEGETABLE CHOICES
Potato Smiles
Bagged Carrots
Fresh Fruit
Fruit Juice

Variety of Milk

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MON, APRIL 27

Hot Dog on a Bun

FRUIT & VEGETABLE CHOICES

Spiral Potatoes
Steamed Peas
Fresh Fruit
Pineapple Tidbits

Variety of Milk

TUES, APRIL 28

Nachos

FRUIT & VEGETABLE CHOICES

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

Variety of Milk

WED, APRIL 29

Garlic French Bread w/ Marinara

FRUIT & VEGETABLE CHOICES

Steamed Corn
Green Beans
Diced Pears
Fresh Fruit

Variety of Milk

THURS, APRIL 30

Grilled Cheese

FRUIT & VEGETABLE CHOICES

Steamed Broccoli
Tater Tots
Fresh Fruit
Variety of Fruit Juice

Variety of Milk

FRI, MAY 1

Stuffed Crust Pizza

FRUIT & VEGETABLE CHOICES

French Fries
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.