

# MENUS FOR MAY/JUNE 2026

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

**MON, APR 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, APR 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

**THUR, 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

**FRIDAY, 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

**MON, MAY 4**

**CHOOSE ONE ENTRÉE**

Corn Dog Nuggets  
Fruit & Yogurt Parfait

**MIDDLE & HIGH**

Taco Pizza

**FRUIT & VEGETABLE CHOICES**

Steamed Broccoli  
Sweet Potato Fries  
Fresh Fruit  
Variety of Fruit Juice

Variety of Milk

**TUES, MAY 5**

**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, MAY 6**

**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, MAY 7**

**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, MAY 8**

**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

## 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

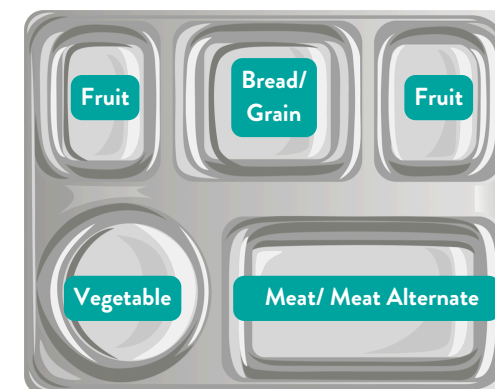


# MENUS FOR MAY/JUNE 2026

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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, MAY 11

#### 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, MAY 12

#### 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, MAY 13

#### 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, MAY 14

#### 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, MAY 15

#### 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

### MON, MAY 18

#### 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, MAY 19

#### 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, MAY 20

#### 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, MAY 21

#### 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, MAY 22

#### CHOOSE ONE ENTRÉE

Four Cheese Pizza  
Fruit & Yogurt Parfait

#### FRUIT & VEGETABLE CHOICES

Pepper & Tomato Cup  
Bagged Carrots  
Dried Fruit  
Fresh Fruit

Variety of Milk



# MENUS FOR MAY/JUNE 2026

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

MON, MAY 25

NO SCHOOL

TUES, MAY 26

MANAGER'S CHOICE

WED, MAY 27

MANAGER'S CHOICE

THURS, MAY 28

MANAGER'S CHOICE

FRI, MAY 29

MANAGER'S CHOICE

MON, JUNE 1

MANAGER'S CHOICE

TUES, JUNE 2

MANAGER'S CHOICE

WED, JUNE 3

MANAGER'S CHOICE

THURS, JUNE 4

MANAGER'S CHOICE

FRI, JUNE 5

MANAGER'S CHOICE  
LAST DAY OF SCHOOL

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