

MENU FOR AUGUST/SEPTEMBER 2026

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

MON, AUG. 24

BREAKFAST
Grab-n-Go Yogurt

CHOOSE ONE ENTRÉE
Chicken & Waffles
Uncrustable

FRUIT & VEGETABLE CHOICES
Steamed Broccoli
Vegetable Juice
Baked Apples
Diced Peaches

Variety of Milk

TUES, AUG. 25

BREAKFAST
Chicken Biscuit

CHOOSE ONE ENTRÉE
Dorito Walking Taco
Bento Box

FRUIT & VEGETABLE CHOICES
Lettuce & Tomato Tray
Steamed Corn
Pineapple
Fruit Slushie

Variety of Milk

WED, AUG. 26

BREAKFAST
Cinnamon Roll

CHOOSE ONE ENTRÉE
All Beef Hot Dog
Hot Wings w/ SunChips

FRUIT & VEGETABLE CHOICES
Sweet Potato Fries
Celery & Carrot Cup
Diced Pears
Diced Fruit

Variety of Milk

THUR, AUG. 27

BREAKFAST
Banana Bread

CHOOSE ONE ENTRÉE
Cheeseburger w/ Smash Sauce
Bento Box

FRUIT & VEGETABLE CHOICES
Crinkle Cut Fries
Baked Beans
Oatmeal Fruit Crisp
Fresh Fruit

Variety of Milk

FRIDAY, AUG. 28

BREAKFAST
Donut Holes

CHOOSE ONE ENTRÉE
Pepperoni Pizza
Cheese Pizza

FRUIT & VEGETABLE CHOICES
Green Beans
Bagged Carrots
Fresh Fruit
Dragon Punch

Variety of Milk

MON, AUG. 31

BREAKFAST
Grab-n-Go Yogurt

CHOOSE ONE ENTRÉE
Corn Dog Nuggets
Uncrustable

FRUIT & VEGETABLE CHOICES
Crinkle Cut Fries
Baked Beans
Applesauce
Mixed Fruit

Variety of Milk

TUES, SEPT. 1

BREAKFAST
French Toast Sticks

CHOOSE ONE ENTRÉE
Chicken Filet
Mac Daddy Salad

FRUIT & VEGETABLE CHOICES
Green Beans
Steamed Corn
Dragon Punch
Fresh Fruit

Variety of Milk

WED, SEPT. 2

BREAKFAST
Sausage Biscuit & Tater Tots

CHOOSE ONE ENTRÉE
Hot Ham & Cheese Croissant
Bento Box

FRUIT & VEGETABLE CHOICES
Sweet Peas
Glazed Sweet Potatoes
Pineapple
Spiced Pears

Variety of Milk

THUR, SEPT. 3

BREAKFAST
Muffin

CHOOSE ONE ENTRÉE
Spaghetti w/ Beef Sauce
& Garlic Toast
Chicken Caesar Entree Salad

FRUIT & VEGETABLE CHOICES
Broccoli w/ Cheese
Vegetable Juice
Diced Peaches
Fresh Fruit

Variety of Milk

FRIDAY, SEPT. 4

BREAKFAST
Powdered Donuts

CHOOSE ONE ENTRÉE
Pizza Sticks w/ Marinara Cup
Chicken Quesadilla Pizza

FRUIT & VEGETABLE CHOICES
Bagged Carrots
Fresh Fruit
Fruit Juice

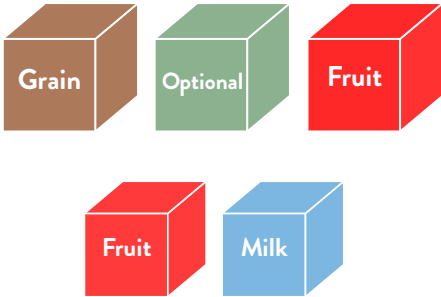
Variety of Milk





Student Breakfast

Select 3 or 5 menu blocks

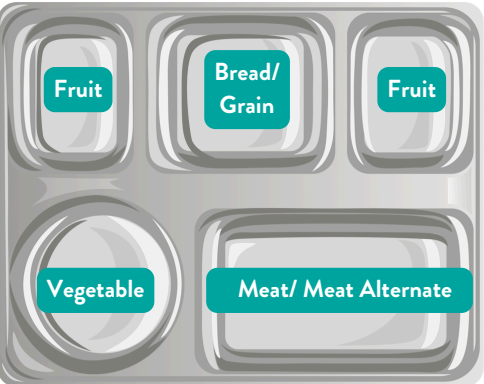


MENU FOR AUGUST/SEPTEMBER 2026

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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, SEPT. 7

NO SCHOOL

TUES, SEPT. 8

BREAKFAST
Waffle

CHOOSE ONE ENTRÉE
Boneless Wings w/ Roll
Fruit & Yogurt Parfait w/ Granola

FRUIT & VEGETABLE CHOICES
Cheesy Mashed Potatoes
Sweet Peas
Applesauce
Fresh Fruit

Variety of Milk

WED, SEPT. 9

BREAKFAST
Chicken Biscuit

CHOOSE ONE ENTRÉE
Turkey Philly Cheesesteak
Roasted Chicken & Veggie Box

FRUIT & VEGETABLE CHOICES
Spiral Fries
Green Beans
Oatmeal Fruit Crisp
Diced Peaches

Variety of Milk

THUR, SEPT. 10

BREAKFAST
Pancake on a Stick

CHOOSE ONE ENTRÉE
Tangerine Chicken & Rice
Potstickers

FRUIT & VEGETABLE CHOICES
Steamed Broccoli
Glazed Carrots
Mandarin Oranges
Fruit Juice

Variety of Milk

FRIDAY, SEPT. 11

BREAKFAST
Super Donut

CHOOSE ONE ENTRÉE
Pepperoni Pizza
Cheese Pizza

FRUIT & VEGETABLE CHOICES
Manager's Choice
Bagged Carrots
Dried Fruit
Fresh Fruit

Variety of Milk

MON, SEPT. 14

BREAKFAST
Grab-n-Go Yogurt

CHOOSE ONE ENTRÉE
Chicken & Waffles
Uncrustable

FRUIT & VEGETABLE CHOICES
Steamed Broccoli
Vegetable Juice
Baked Apples
Diced Peaches

Variety of Milk

TUES, SEPT. 15

BREAKFAST
Chicken Biscuit

CHOOSE ONE ENTRÉE
Nachos w/ Salsa
Bento Box

FRUIT & VEGETABLE CHOICES
Lettuce & Tomato Cup
Steamed Corn
Pineapple
Fruit Slushie

Variety of Milk

WED, SEPT. 16

BREAKFAST
Cinnamon Roll

CHOOSE ONE ENTRÉE
Cheeseburger w/ Smash Sauce
Roasted Chicken Box

FRUIT & VEGETABLE CHOICES
Crinkle Cut Fries
Baked Beans
Oatmeal Fruit Crisp
Fresh Fruit

Variety of Milk

THUR, SEPT. 17

BREAKFAST
Banana Bread

CHOOSE ONE ENTRÉE
Buffalo Chicken Wrap w/ SunChips
Fruit & Yogurt Parfait w/ Granola

FRUIT & VEGETABLE CHOICES
Sweet Potato Fries
Celery & Carrot Cup
Diced Pears
Dried Fruit

Variety of Milk

FRIDAY, SEPT. 18

BREAKFAST
Donut Holes

CHOOSE ONE ENTRÉE
Pepperoni Pizza
Cheese Pizza

FRUIT & VEGETABLE CHOICES
Green Beans
Bagged Carrots
Fresh Fruit
Dragon Punch

Variety of Milk

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MON, SEPT. 21

BREAKFAST
Grab-n-Go Yogurt

CHOOSE ONE ENTRÉE
Chicken Nuggets w/ Biscuit
Uncrustable

FRUIT & VEGETABLE CHOICES
Crinkle Cut Fries
Baked Beans
Applesauce
Mixed Fruit

Variety of Milk

TUES, SEPT. 22

BREAKFAST
French Toast Sticks

CHOOSE ONE ENTRÉE
Lasagna Roll Up w/ Garlic Bread
Chicken Caesar Entree Salad

FRUIT & VEGETABLE CHOICES
Green Beans
Steamed Corn
Dragon Punch
Fresh Fruit

Variety of Milk

WED, SEPT. 23

BREAKFAST
Sausage Biscuit & Tots

CHOOSE ONE ENTRÉE
BBQ Sandwich
BBQ Chicken w/ Corn Muffins

FRUIT & VEGETABLE CHOICES
Coleslaw
Glazed Sweet Potatoes
Pineapple
Spiced Pears

Variety of Milk

THURS, SEPT. 24

BREAKFAST
Muffin

CHOOSE ONE ENTRÉE
Macaroni & Cheese w/ Garlic
Bread
Roasted Chicken & Salsa Box

FRUIT & VEGETABLE CHOICES
Steamed Broccoli
Vegetable Juice
Diced Peaches
Fresh Fruit

Variety of Milk

FRI, SEPT. 25

BREAKFAST
Powdered Donuts

CHOOSE ONE ENTRÉE
Pizza Sticks w/ Marinara Cup
Chicken Quesadilla Pizza

FRUIT & VEGETABLE CHOICES
Bagged Carrots
Fresh Fruit
Fruit Juice

Variety of Milk

Dare Early College Breakfast

- Monday: Muffin
Tuesday: Powdered Donut
Wednesday: Banana Bread
Thursday: Muffin
Friday: Donut Holes



MON, SEPT. 28

BREAKFAST
Mini Strawberry Bagel

CHOOSE ONE ENTRÉE
Chicken Filet
Uncrustable

FRUIT & VEGETABLE CHOICES
Tater Tots
Baked Beans
Diced Pears
Fruit Juice

Variety of Milk

TUES, SEPT. 29

BREAKFAST
Waffle

CHOOSE ONE ENTRÉE
Boneless Wings w/ Roll
Buffalo Chicken Entree Salad

FRUIT & VEGETABLE CHOICES
Mashed Potatoes
Sweet Peas
Applesauce
Fresh Fruit

Variety of Milk

WED, SEPT. 30

BREAKFAST
Chicken Biscuit

CHOOSE ONE ENTRÉE
Grilled Cheese
Fruit & Yorgurt Parfait w/ Granola

FRUIT & VEGETABLE CHOICES
Spiral Fries
Green Beans
Oatmeal Fruit Crisp
Diced Peaches

Variety of Milk

welcome
BACK^{TO}
SCHOOL

