

MENUS FOR OCTOBER 2026

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

MON., SEPT. 28

TUES., SEPT. 29

WED., SEPT. 30

THURS., OCT. 1

FRI., OCT. 2

BREAKFAST
Breakfast Burrito/Bowl

CHOOSE ONE ENTRÉE
Orange Glazed Chicken
w/ Vegetable Fried Rice
Manager's Choice

FRUIT & VEGETABLE CHOICES
Steamed Broccoli
Glazed Carrot Coins
Mandarin Oranges
Fresh Fruit

Variety of Milk

BREAKFAST
Super Donut

CHOOSE ONE ENTRÉE
Pepperoni Pizza
Cheese Pizza

FRUIT & VEGETABLE CHOICES
Fresh Vegetable Cup
Harvest Squash & Zucchini
Dragon Punch
Fresh Fruit

Variety of Milk



MON., OCT. 5

TUES., OCT. 6

WED., OCT. 7

THURS., OCT. 8

FRI., OCT. 9

BREAKFAST
Apple Cinnamon Toast

CHOOSE ONE ENTRÉE
Chicken & Waffles
Peanut Butter & Jelly Uncrustable

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

Variety of Milk

BREAKFAST
Sausage Biscuit

CHOOSE ONE ENTRÉE
Doritos Walking Taco
Crispy Chicken Salad & Grain

FRUIT & VEGETABLE CHOICES
Black Bean Salsa Cups
Corn
Pineapple
Sour Apple "Jooce"

Variety of Milk

BREAKFAST
Banana Bread

CHOOSE ONE ENTRÉE
Turkey Philly
All Beef Hot Dog

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

Variety of Milk

BREAKFAST
Cinnamon Roll

CHOOSE ONE ENTRÉE
Cheeseburger w/ Smash Sauce
Turkey & Cheese Salad/Bento Box

FRUIT & VEGETABLE CHOICES
Sweet Potato Fries
Baked Beans
Diced Pears
Fruit

Variety of Milk

BREAKFAST
Donut Holes

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

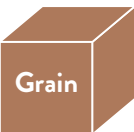
FRUIT & VEGETABLE CHOICES
Baby Carrots
Fresh Vegetable Cup
Dragon Punch
Fresh Fruit

Variety of Milk



Student Breakfast

Select 3 or 5 menu blocks

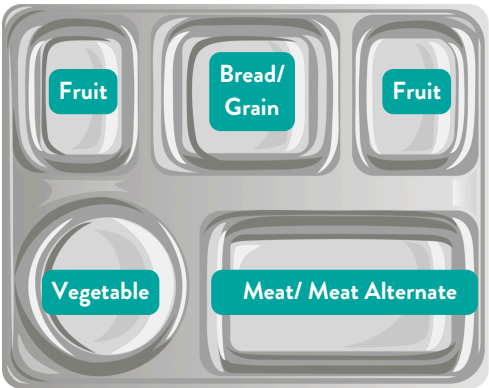


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STUDENT LUNCH

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., OCT. 12

BREAKFAST
Grab-n-Go Yogurt

CHOOSE ONE ENTRÉE
Corn Dog Nuggets
Buffalo Chicken Dip w/ Tostitos

FRUIT & VEGETABLE CHOICES
Baked Beans
French Fries
Fruit
Mixed Fruit

Variety of Milk

TUES., OCT. 13

BREAKFAST
French Toast Sticks

CHOOSE ONE ENTRÉE
Spaghetti w/ Garlic Bread
Chicken & Ranch Entree Salad
w/ Garlic Bread

FRUIT & VEGETABLE CHOICES
Green Beans
Corn
Peaches
Applesauce

Variety of Milk

WED., OCT. 14

BREAKFAST
Chicken Biscuit & Tater Tots

CHOOSE ONE ENTRÉE
Hot Ham & Cheese Croissant
Manager's Choice

FRUIT & VEGETABLE CHOICES
Glazed Sweet Potatoes
Sweet Peas
Pineapple
Fruit

Variety of Milk

THURS., OCT. 15

BREAKFAST
Muffin

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

FRUIT & VEGETABLE CHOICES
Broccoli Dippers
Bagged Carrots
Fresh Fruit
Dragon Punch

Variety of Milk

FRI., OCT. 16

NO SCHOOL

MON., OCT. 19

BREAKFAST
Apple Cinnamon Toast

CHOOSE ONE ENTRÉE
Chicken Filet
Fruit & Yogurt Parfait w/ Granola

FRUIT & VEGETABLE CHOICES
Tater Tots
Baked Beans
Diced Pears
"Jooce" Cups

Variety of Milk

TUES., OCT. 20

BREAKFAST
Pumpkin Bread

CHOOSE ONE ENTRÉE
Grilled Cheese
Peanut Butter & Jelly Uncrustable

FRUIT & VEGETABLE CHOICES
Vegetable Beef Soup
Bagged Carrots
Applesauce
Fruit

Variety of Milk

WED., OCT. 21

BREAKFAST
Breakfast Burrito/Bowl

CHOOSE ONE ENTRÉE
All Beef Hot Dog
Bento Box

FRUIT & VEGETABLE CHOICES
Vegetable Medley Juice
French Fries
Fresh Fruit
Peaches

Variety of Milk

THURS., OCT. 22

BREAKFAST
Cinnamon Roll

CHOOSE ONE ENTRÉE
General Tso Chicken w/
Vegetable Fried Rice
Manager's Choice

FRUIT & VEGETABLE CHOICES
Steamed Broccoli
Glazed Carrots
Mandarin Oranges
Fruit

Variety of Milk

FRI., OCT. 23

BREAKFAST
Super Donut

CHOOSE ONE ENTRÉE
Pepperoni Pizza
Cheese Pizza

FRUIT & VEGETABLE CHOICES
Green Beans
Fresh Vegetable Cup
Dragon Punch
Fruit

Variety of Milk

MENUS FOR OCTOBER 2026

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MON., OCT. 26

BREAKFAST
Grab-n-Go Yogurt

CHOOSE ONE ENTRÉE
Chicken & Waffles
Peanut Butter & Jelly Uncrustable

FRUIT & VEGETABLE CHOICES
Vegetable Medley Juice
Glazed Sweet Potatoes
Baked Apples
Fresh Fruit

Variety of Milk

TUES., OCT. 27

BREAKFAST
Banana Bread

CHOOSE ONE ENTRÉE
Chili Soup w/ Tostitos
Grilled Cheese

FRUIT & VEGETABLE CHOICES
Baked Potato
Broccoli w/ Cheese
Pineapple
Fresh Fruit

Variety of Milk

WED., OCT. 28

BREAKFAST
Sausage Biscuit

CHOOSE ONE ENTRÉE
Cheeseburger
Bento Box

FRUIT & VEGETABLE CHOICES
Baked Beans
French Fries
Mixed Berries w/ Whipped Topping
Fresh Fruit

Variety of Milk

THURS., OCT. 29

BREAKFAST
Muffin

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

FRUIT & VEGETABLE CHOICES
Green Beans
Fresh Vegetable Cup
Dragon Punch
Fruit

Variety of Milk

FRI., OCT. 30

NO SCHOOL

Dare Early College Breakfast

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



MON., NOV. 2

TUES., NOV. 3

WED., NOV 4

