

Menus for December 2017

Dare County Schools

"USDA is an equal opportunity employer."

Breakfast MENU



Monday— Pancake & Sausage on Stick

Tuesday— Chicken Biscuit

Wednesday— Sweet Potato Cinnamon Roll

Thursday— Sausage Biscuit

Friday— Breakfast Pizza

Additional breakfast selections may include yogurt and a variety of whole grain rich breads and grains, such as: muffin, honey bun, toaster pastry, cereal, hot oatmeal, breakfast biscuits and more.

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

School Breakfast Prices for 2017-2018

Paid Student Breakfast = \$1.25

Reduced Price Student Breakfast = Free

(Free due to state funding)

Adults pay by the items selected

Lunch Prices

**Elementary
(K-5)**

\$2.75

**Middle & High
(6-12)**

\$3.00

We provide free and reduced-price meals (\$0.40 for lunch) for eligible students. Adults pay by the items selected.

Online Payments

Parents may pre-pay for school meals, track what their children are purchasing in the school cafeteria and receive low balance E-mail alerts. For information visit: K12paymentcenter.com

Reminder: Breakfast is offered daily in all schools

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.

Friday, December 1

Choose One Entrée

Fresh SW Salad w/Flatbread
Big Daddy Pepperoni Pizza
Turkey Bacon, Cheese & Lettuce Sub

Middle & High School

Additional Entrée

Corn Dog Nuggets
Yogurt, Fruit & Granola Parfait
Grab & Go Combo Power Lunch
Fruit & Vegetable Choices
Fresh Steamed Cabbage, Sweet Potato
Waffle Circles, Peaches, Fruit Juices,
Fresh Fruit
Variety of Milk

Monday, December 4

Choose One Entrée

Fresh Chicken Caesar Salad w/
Flatbread
Fiesta Beef Pizza

Breakfast for Lunch

Sausage, Egg & Waffle
(elementary only)

Middle & High School

Additional Entrée

Grilled Cheese Sandwich
Yogurt, Fruit & Granola Parfait
Grab & Go Combo Power Lunch
Fruit & Vegetable Choices
Oven Baked Seasoned Potato Wedges,
Lima Beans, Apple Oatmeal Crisp, Fruit
Juices, Fresh Fruit
Variety of Milk

Tuesday, December 5

Choose One Entrée

Fresh Crispy Chicken, Cheese, Bacon
Ranch Salad w/Flatbread
Corn Dog Nuggets

Yogurt, Fruit & Granola Parfait

Middle & High School

Additional Entrée

Personal Meat Pizza
Yogurt, Fruit & Granola Parfait
Grab & Go Combo Power Lunch
Fruit & Vegetable Choices
Fiesta Black Bean Soup, Seasoned
Straight Cut Potatoes, Broccoli Salad,
Mixed Fruit, Fruit Juices, Fresh Fruit
Variety of Milk

Wednesday, December 6

Choose One Entrée

Fresh Chicken Rainbow Salad w/
Flatbread
Asian Tangerine Chicken w/Brown Rice
Mini Ravioli with Beef Sauce & School
Baked Roll

Middle & High School

Additional Entrée

Turkey Bacon, Cheese & Lettuce Sub
Yogurt Fruit & Granola Parfait
Grab & Go Combo Power Lunch
Fruit & Vegetable Choices
Steamed Broccoli, Fresh Steamed Baby
Carrots, Fresh Cucumber Salad,
Mandarin Orange Slices, Fruit Juices,
Fresh Fruit
Variety of Milk

Thursday, December 7

Choose One Entrée

Fresh Turkey & Cheese Chef Salad w/
Flatbread
Oven Baked Barbecue Chicken w/
School Baked Roll

All Beef Cheeseburger on Bun (elem)

Middle & High School

Additional Entrée

All Beef Double Cheeseburger on Bun
Hot & Spicy Chicken Fillet on Bun
Yogurt Fruit & Granola Parfait
Grab & Go Combo Power Lunch
Fruit & Vegetable Choices
Green Peas, Mashed Potatoes w/Gravy,
Baked Pears, Fresh Tomato & Crispy
Celery cup, Fruit Juices, Fresh Fruit
Variety of Milk

Friday, December 8

Choose One Entrée

Fresh SW Salad w/Flatbread
Four Cheese Pizza
Beef & Bean Chili w/School Baked Roll

Middle & High School

Additional Entrée

Chicken & Cheese Flatbread Fold w/
Sriracha Ranch Dressing
Yogurt, Fruit & Granola Parfait
Grab & Go Combo Power Lunch
Fruit & Vegetable Choices
Fresh Oven Baked Potato Half, Berry
Delicious Green Beans, Fresh Baby
Carrots, Frosty Peach Cup, Fruit Juices,
Fresh Fruit
Variety of Milk

Monday, December 11

Choose One Entrée

Fresh Chicken Caesar Salad w/
Flatbread
Chicken Tenders w/School Baked Roll
Meatball Sub

Middle & High School

Additional Entrée Choices

Brookwood Farms NC Barbecue w/Bun
Yogurt, Fruit & Granola Parfait
Grab & Go Combo Power Lunch
Fruit & Vegetable Choices
Green Peas, Fresh Cole Slaw, Crunchy
Fresh Sweet Potato Half, Applesauce,
Fruit Juices, Fresh Fruit
Variety of Milk

Tuesday, December 12

Choose One Entrée

Fresh Crispy Chicken, Cheese Bacon
Ranch Salad w/Flatbread
Macaroni & Cheese w/School Baked
Roll
Sweet Thai Glazed chicken w/Brown
Rice

Middle & High School

Additional Entrée Choices

Buffalo Chicken Wrap
Yogurt, Fruit & Granola Parfait
Grab & Go Combo Power Lunch
Fruit & Vegetable Choices
Broccoli, Sweet Potato Waffle Circles,
Fresh Cucumbers & Tomatoes, Mixed
Fruit, Fruit Juices, Fresh Fruit
Variety of Milk

Wednesday, December 13

Choose One Entrée

Fresh Chicken Rainbow Salad w/
Flatbread
Soft Taco w/Spanish Rice
Garlic French Bread w/Marinara
Dipping Sauce

Middle & High School

Additional Entrée Choices

Chicken Parmesan on Bun
Yogurt, Fruit & Granola Parfait
Grab & Go Combo Power Lunch
Fruit & Vegetable Choices
Layered Taco Veggie Cup, Corn, Pears,
Cherry Crisp, Fruit Juices, Fresh Fruit
Variety of Milk

Thursday, December 14

Choose One Entrée

Fresh Turkey & Cheese Chef Salad w/
Flatbread
Crispy Breaded Baked Chicken w/
School Baked Roll

Middle & High School

Additional Entrée Choices

Personal Pepperoni Pizza
Grab & Go Combo Power Lunch
Fruit & Vegetable Choices
Cream of Potato Soup, Baked Beans,
Collards, Peaches, Fruit Juices, Fresh
Fruit
Variety of Milk

Friday, December 15

Choose One Entrée

Fresh SW Salad w/Flatbread
Chicken Fillet on Bun
Spaghetti w/Beef Meat Sauce
With School Baked Roll

Middle & High School

Additional Entrée Choices

Philly Steak & Cheese Stromboli
Yogurt, Fruit & Yogurt Parfait
Grab & Go Combo Power Lunch
Fruit & Vegetable Choices
Green Beans, Fresh Baby Carrots,
Crustless Apple Pie, Frosty Strawberry
Cup, Fruit Juices, Fresh Fruit
Variety of Milk