

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

\$2.75 **\$3.00**

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

Menu Symbols

- Fresh = Fresh offerings
- = Turkey products
- = Pork products
- = Beef products
- = Meatless offerings

APPLY AT ANY TIME! Households may apply for free & reduced meal benefits at any time during the school year. Applications are available in all schools or may be downloaded from www.daretolearn.org

Reminder: Breakfast is offered daily in all schools

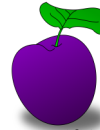
MENUS FOR FEBRUARY 2018

Dare County Schools

GROUNDHOG DAY

FEBRUARY 2ND

Featured Fruit



Plums

Offered weekly as one of the Fresh fruit selections



"USDA is an equal opportunity provider."

Thursday, Feb. 1

CHOOSE ONE ENTREE
Fresh Turkey & Cheese Chef Salad w/ Flatbread

Oven Baked Barbecue Chicken with School Baked Roll

All Beef Cheeseburger on Bun (Elementary Only)

Middle & High School Additional Entree Choices
All Beef Double Cheeseburger on Bun

Hot & Spicy Chicken Fillet on Bun

Yogurt, Fruit & Granola Parfait

Grab and Go Combo Power Lunch

Fruit & Vegetable Choices
Green Peas, Mashed Potatoes with Gravy, Baked Pears, Fresh Tomato & Crispy Celery Cup, Fruit Juices, Fresh Fruit

Variety of Milk

Friday, Feb. 2

CHOOSE ONE ENTREE
Fresh Southwest Salad w/ Flatbread

Four Cheese Pizza

Beef & Bean Chili w/School Baked Roll

Middle & High School Additional Entree Choices
Chicken & Cheese Flatbread Fold with Sriracha Ranch Dressing

Yogurt, Fruit & Granola Parfait

Grab and 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, Feb. 5

CHOOSE ONE ENTREE
Fresh Chicken Caesar Salad w/ Flatbread

Chicken Tenders w/School Baked Roll

Meatball Sub

Middle & High School Additional Entree Choices

Brookwood Farms NC Barbecue w/Bun

Yogurt, Fruit & Granola Parfait

Grab and Go Combo Power Lunch

Fruit & Vegetable Choices
Green Peas, Fresh Cole Slaw, Crunchy Fresh Baked Sweet Potato Half, Apple Sauce, Fruit Juices, Fresh Fruit

Variety of Milk

Tuesday, Feb. 6

CHOOSE ONE ENTREE
Fresh Crispy Chicken, Cheese Bacon Ranch Salad w/ Flatbread

Macaroni Cheese with School Baked Roll

Sweet Thai Glazed Chicken With Brown Rice

Middle & High School Additional Entree Choices
Buffalo Chicken Wrap

Fruit, Yogurt & Granola Parfait

Grab and Go Combo Power Lunch

Fruit & Vegetable Choices
Steamed Broccoli, Sweet Potato Waffle Circles, Fresh Cucumbers & Tomatoes, Mixed Fruit, Fruit Juices, Fresh Fruit

Variety of Milk

Wed., Feb. 7

CHOOSE ONE ENTREE
Fresh Chicken Rainbow Salad w/ Flatbread

Soft Taco with Spanish Rice

Garlic French Bread with Marinara Dipping Sauce

Middle & High School Additional Entree Choices
Chicken Parmesan on Bun

Fruit, Yogurt & Granola Parfait

Grab and Go Combo Power Lunch

Fruit & Vegetable Choices
Fresh Layered Taco Veggie Cup, Corn, Pears, Cherry Crisp, Fruit Juices, Fresh Fruit

Variety of Milk

Thurs., Feb. 8

CHOOSE ONE ENTREE
Fresh Turkey & Cheese Chef Salad w/ Flatbread

Crispy Breaded Baked Chicken with School Baked Roll

Fruit, Yogurt & Granola Parfait

Middle & High School Additional Entree Choices
 Personal Pepperoni Pizza

Grab and Go Combo Power Lunch

Fruit & Vegetable Choices
Cream of Potato Soup, Baked Beans, Collards, Icy Peaches, Fruit Juices, Fresh Fruit

Variety of Milk

Friday, Feb. 9

CHOOSE ONE ENTREE
Fresh Southwest Salad w/ Flatbread

Chicken Fillet on Bun

Spaghetti with Beef Meat Sauce with School Baked Roll

Middle & High School Additional Entree Choices
Philly Steak & Cheese Stromboli

Fruit, Yogurt & Granola Parfait

Grab and 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

Monday, Feb. 12

CHOOSE ONE ENTREE

Fresh Chicken Caesar Salad w/ Flatbread

 Pizza Sticks with Mariana Dipping Sauce

 Brookwood Farms NC Barbeque on Bun

Middle & High School Additional Entree Choices
Philly Steak & Cheese Sub

Yogurt, Fruit & Granola Parfait
Grab and Go Combo Power Lunch

Fruit & Vegetable Choices
Baked Beans, Corn, **Fresh** Cole Slaw, Baked Pears, Fruit Juices, **Fresh** Fruit

Variety of Milk

Tuesday, Feb. 13

CHOOSE ONE ENTREE

Fresh Crispy Chicken, Cheese Bacon Ranch Salad w/ Flatbread

 Grilled Cheese Sandwich

 Garlic French Bread with Marinara Dipping Sauce

Middle & High School Additional Entree Choices
Chicken Tenders with School Baked Roll w/Sriacha Ranch Dressing

Yogurt, Fruit & Granola Parfait
Grab and Go Combo Power Lunch


Fruit & Vegetable Choices
Tomato Soup, Broccoli & Cheese, Oven Baked Crinkle Cut Potatoes, Cherry Oatmeal Crisp, Fruit Juices, Mixed Fruit, **Fresh** Fruit

Variety of Milk

Wednesday, Feb. 14

CHOOSE ONE ENTREE

Fresh Chicken Rainbow Salad w/ Flatbread

 Soft Taco with Spanish Rice

All Beef Hot Dog on Bun

Middle & High School Additional Entree Choices
Hot & Spicy Chicken Fillet on Bun

Grab and Go Combo Power Lunch
Yogurt, Fruit & Granola Parfait

Fruit & Vegetable Choices
Fresh Steamed Baby Carrots, Seasoned Black Beans, **Fresh** Celery Sticks, Frosty Strawberry Cup, Fruit Juices, **Fresh** Fruit

Variety of Milk

Thursday, Feb. 15

CHOOSE ONE ENTREE

Fresh Turkey & Cheese Chef Salad w/ Flatbread

Chicken & Waffle

Yogurt, Fruit & Granola Parfait

Middle & High School Additional Entree Choices
 Meatball Sub

Yogurt, Fruit & Granola Parfait
Grab and Go Combo Power Lunch

Fruit & Vegetable Choices
Mashed Potatoes with Gravy, Cheesy Italian Spinach, Applesauce, Fruit Juices, **Fresh** Fruit

Variety of Milk

Friday, Feb. 16

CHOOSE ONE ENTREE

Fresh Southwest Salad w/ Flatbread

Big Daddy Pepperoni Pizza

Turkey Bacon, Cheese & Lettuce Sub

Middle & High School Additional Entree Choices
Corn Dog Nuggets

Yogurt, Fruit & Granola Parfait
Grab and Go Combo Power Lunch

Fruit & Vegetable Choices
Fresh Steamed Cabbage, Sweet Potato Waffle Circles, Peaches, Fruit Juices, **Fresh** Fruit

Variety of Milk

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.

“A message from the Dare County Department of Public Health”

Right now in Dare County one child in eight is uninsured. Kids up to age 19 are eligible for free or low-cost health insurance through Medicaid or NC Health Choice. Your child could be one of them! In fact, children in a family of four earning \$51,276 a year or less may qualify. Regular check-ups, immunizations, doctor and dentist visits, hospital care, mental health services, prescriptions and more are covered. It's a helping hand for parents with their hands full.


For more information, go to www.epass.nc.gov or call your local DSS at [252-475-5500](tel:252-475-5500).


Monday, Feb. 19

CHOOSE ONE ENTREE

Fresh Chicken Caesar Salad w/ Flatbread

Fiesta Beef Pizza

 Breakfast for Lunch Sausage, Egg & Waffle (Elementary Only)

Middle & High School Additional Entree Choices
 Grilled Cheese Sandwich

Yogurt, Fruit & Granola Parfait
Grab and Go Combo Power Lunch

Fruit & Vegetable Choices
Vegetable Soup, Oven Baked Seasoned Potato Wedges, Apple Oatmeal Crisp, Fruit Juices, **Fresh** Fruit

Variety of Milk


Tuesday, Feb. 20

CHOOSE ONE ENTREE

Fresh Crispy Chicken, Cheese Bacon Ranch Salad w/ Flatbread

 Corn Dog Nuggets

Yogurt, Fruit & Granola Parfait

Middle & High School Additional Entree Choices
 Personal Meat Lovers Pizza

Yogurt, Fruit & Granola Parfait
Grab and Go Combo Power Lunch

Fruit & Vegetable Choices
Fiesta Black Bean Soup, Seasoned Straight Cut Potatoes, **Fresh** Broccoli Salad, Mixed Fruit, Fruit Juices, **Fresh** Fruit

Variety of Milk

Wednesday, Feb. 21

CHOOSE ONE ENTREE

Fresh Chicken Rainbow Salad w/ Flatbread

Asian Tangerine Chicken with Brown Rice

Mini Ravioli with Beef Sauce and School Baked Roll

Middle & High School Additional Entree Choices
Turkey, Bacon, Lettuce & Cheese Sub

Yogurt, Fruit & Granola Parfait
Grab and Go Combo Power Lunch

Fruit & Vegetable Choices
Steamed Broccoli, **Fresh** Steamed Baby Carrots, **Fresh** Cucumber Salad, Frosty Strawberry Cup, Fruit Juices, **Fresh** Fruit

Variety of Milk

Thursday, Feb. 22

CHOOSE ONE ENTREE

Fresh Turkey & Cheese Chef Salad w/ Flatbread

Oven Baked Barbecue Chicken with School Baked Roll

All Beef Cheeseburger on Bun (Elementary Only)

Middle & High School Additional Entree Choices
All Beef Double Cheeseburger on Bun

Hot & Spicy Chicken Fillet on Bun
Yogurt, Fruit & Granola Parfait
Grab and Go Combo Power Lunch


Fruit & Vegetable Choices
Green Peas, Mashed Potatoes with Gravy, Baked Pears, **Fresh** Tomato & Crispy Celery Cup, Fruit Juices, **Fresh** Fruit

Variety of Milk

Friday, Feb. 23

CHOOSE ONE ENTREE

Fresh Southwest Salad w/ Flatbread

 Four Cheese Pizza

Beef & Bean Chili w/School Baked Roll

Middle & High School Additional Entree Choices
Chicken & Cheese Flatbread Fold with Sriracha Ranch Dressing

Yogurt, Fruit & Granola Parfait
Grab and 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, Feb. 26

CHOOSE ONE ENTREE

Fresh Chicken Caesar Salad w/ Flatbread

Chicken Tenders w/School Baked Roll

 Meatball Sub

Middle & High School Additional Entree Choices
Brookwood Farms NC Barbecue w/Bun

Yogurt, Fruit & Granola Parfait
Grab and Go Combo Power Lunch


Fruit & Vegetable Choices
Green Peas, **Fresh** Cole Slaw, Crunchy **Fresh** Baked Sweet Potato Half, Apple Sauce, Fruit Juices, **Fresh** Fruit

Variety of Milk

Tuesday, Feb. 27

CHOOSE ONE ENTREE

Fresh Crispy Chicken, Cheese Bacon Ranch Salad w/ Flatbread

 Macaroni Cheese with School Baked Roll

Sweet Thai Glazed Chicken With Brown Rice

Middle & High School Additional Entree Choices
Buffalo Chicken Wrap

Fruit, Yogurt & Granola Parfait
Grab and Go Combo Power Lunch


Fruit & Vegetable Choices
Steamed Broccoli, Sweet Potato Waffle Circles, **Fresh** Cucumbers & Tomatoes, Mixed Fruit, Fruit Juices, **Fresh** Fruit

Variety of Milk

Wednesday, Feb. 28

CHOOSE ONE ENTREE

Fresh Chicken Rainbow Salad w/ Flatbread

 Soft Taco with Spanish Rice

 Garlic French Bread with Marinara Dipping Sauce

Middle & High School Additional Entree Choices
Chicken Parmesan on Bun

Fruit, Yogurt & Granola Parfait
Grab and Go Combo Power Lunch

Fruit & Vegetable Choices
Fresh Layered Taco Veggie Cup, Corn, Pears, Cherry Crisp, Fruit Juices, **Fresh** Fruit

Variety of Milk