

**Reminder: Breakfast is offered daily in all schools**



# SCHOOL LUNCH SUPERHERO DAY MAY 5TH

### Menu Symbols

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

**Monday, May 1**

**CHOOSE ONE ENTREE**  
**Fresh** Chicken Caesar Salad w/ Flatbread

Pizza Sticks with Marinara Dipping Sauce

Brookwood Farms NC Barbecue on Bun

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

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

**Fruit & Vegetable Choices**  
 Baked Beans, Corn, **Fresh** Cole Slaw, Dried Cranberries, Frosty Peach Cup, Fruit Juices, **Fresh** Fruit

Variety of Milk

**Tuesday, May 2**

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

Grilled Cheese Sandwich (elementary only)

Turkey Bacon & Lettuce Sub

**Middle & High School Additional Entree Choices**  
 Chicken Tenders with School Baked Roll

Gourmet Grilled Cheese Sandwich

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

**Fruit & Vegetable Choices**  
 Tomato Soup, Oven Baked Crinkle Cut Potatoes, Blueberry Oatmeal Crisp, Fruit Juice, **Fresh** Fruit

Variety of Milk

**Wed., May 3**

**CHOOSE ONE ENTREE**  
**Fresh** Chicken Rainbow Salad w/ Flatbread

Chicken & Spinach Alfredo Bake With School Baked Roll

All Beef Hot Dog on Bun

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

Grab and Go Combo Power Lunch

**Fruit & Vegetable Choices**  
**Fresh** Steamed Baby Carrots, Seasoned Black Beans, **Fresh** Celery Sticks, Mandarin Orange Slices, Fruit Juices, **Fresh** Fruit

Variety of Milk

**Thursday, May 4**

**CHOOSE ONE ENTREE**  
**Fresh** Southwest Salad w/ Flatbread

Chicken and Waffle

Fruit, Yogurt & Granola Parfait

**Middle & High School Additional Entree Choices**  
 Meatball Sub

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

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

Variety of Milk

**Friday, May 5**

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

Big Daddy Pepperoni Pizza

PBJ Sandwich (elementary only)

**Middle & High School Additional Entree Choices**  
 Corn Dog Nuggets

School Made Taco & Cheese Stromboli

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

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

Variety of Milk

**Monday, May 8**

**CHOOSE ONE ENTRÉE**  
**Fresh** Chicken Caesar Salad w/ Flatbread

Chicken Tenders with School Baked Roll

PBJ Sandwich (elementary only)

**Middle & High School Additional Entree Choices**  
 Brookwood Farms NC Barbecue on Bun

Meatball Sub

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

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

Variety of Milk

**Tuesday, May 9**

**CHOOSE ONE ENTRÉE**  
**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**  
 Hawaiian Chicken Wrap

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

**Fruit & Vegetable Choices**  
 Steamed Broccoli, **Fresh** Cucumbers & Tomatoes, Mixed Fruit, Fruit Juices, **Fresh** Fruit

Variety of Milk

**Wed., May 10**

**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**  
 Layered Taco Veggie Cup, Corn, Pears, Fruit Juices, **Fresh** Fruit

Variety of Milk

**Thursday, May 11**

**CHOOSE ONE ENTREE**  
**Fresh** Southwest Salad w/ Flatbread

Crispy Breaded 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, Collards, Peaches, Fruit Juices, **Fresh** Fruit

Variety of Milk

**Friday, May 12**

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

Chicken Filet on Bun

Spaghetti with Beef Meat Sauce and School Baked Roll

**Middle & High School Additional Entree Choices**  
 Buffalo Chicken Pizza

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

**Fruit & Vegetable Choices**  
 Green Beans, **Fresh** Baby Carrots, Frosty Strawberry Cup, Fruit Juices, **Fresh** Fruit

Variety of Milk

## Breakfast MENU

**Monday— Blueberry Pancake & Sausage on Stick**

**Tuesday— Chicken Biscuit**

**Wednesday— Sweet Potato Cinnamon Roll**

**Thursday— Sausage Biscuit**

**Friday— Breakfast Pizza**

Additional breakfast selections may include: school made breakfast smoothies, yogurt and a variety of whole grain rich breads and grains. Examples are: muffin, honey bun, toaster pastry, cereal, hot oatmeal, graham crackers, breakfast biscuits and more.

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


**School Breakfast Prices for 2016-2017**  
 Paid Student Breakfast = \$1.25  
 Reduced Price Student Breakfast = Free (Free due to state funding)  
 Adults pay by the items selected


**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](http://www.daretolearn.org)

**Monday, May 15**

**CHOOSE ONE ENTRÉE**  
**Fresh** Chicken Caesar Salad w/ Flatbread

Fiesta Beef Pizza

 PBJ Sandwich (elementary only)

**Middle & High School Additional Entree Choices**  
 Grilled Cheese Sandwich

Fruit, Yogurt & Granola Parfait

Grab and 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, May 16**

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

Corn Dog Nuggets

Fruit, Yogurt & Granola Parfait

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

Fruit, Yogurt & Granola Parfait

Grab and Go Combo Power Lunch

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

Variety of Milk

**Wed., May 17**

**CHOOSE ONE ENTRÉE**  
**Fresh** Chicken Rainbow Salad w/ Flatbread

Orange Glazed Chicken with Brown Rice

Mini Ravioli with Beef Sauce and School Baked Roll

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

Fruit, Yogurt & Granola Parfait

Grab and 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

**Thurs., May 18**

**CHOOSE ONE ENTRÉE**  
**Fresh** Southwest Salad w/ Flatbread

Oven Baked Barbecue Chicken with School Baked Roll

All Beef Cheeseburger on Bun

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

Hot & Spicy Chicken Fillet on Bun

Fruit, Yogurt & Granola Parfait


Grab and Go Combo Power Lunch


**Fruit & Vegetable Choices**  
 Green Peas, Creamed Potatoes, Pears, **Fresh** Tomato & Crispy Celery Cup, Fruit Juices, **Fresh** Fruit

Variety of Milk

**Friday, May 19**

**CHOOSE ONE ENTRÉE**  
**Fresh** Turkey & Cheese Chef Salad w/ Flatbread

 Four Cheese Pizza

 PBJ Sandwich (elementary only)

**Middle & High School Additional Entree Choices**  
 Chicken & Cheese Flatbread Fold

Beef & Bean Chili with School Baked Roll

Fruit, Yogurt & Granola Parfait

Grab and Go Combo Power Lunch

**Fruit & Vegetable Choices**  
 Berry Delicious Green Beans, **Fresh** Oven Baked Potato Half, **Fresh** Baby Carrots, Frosty Apricot Cup, Fruit Juices, **Fresh** Fruit

Variety of Milk

**Featured Fruit**

**Fresh NC Strawberries** 

Offered weekly as one of the **Fresh** fruit selections

**Lunch Prices**

Elementary (K-5)	Middle & High (6-12)
<b>\$2.75</b>	<b>\$3.00</b>


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


**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.

**Monday, May 22**

**CHOOSE ONE ENTRÉE**  
**Fresh** Chicken Caesar Salad w/ Flatbread

 Pizza Sticks with Marinara Dipping Sauce

 Brookwood Farms NC Barbecue on Bun

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

Fruit, Yogurt & Granola Parfait


Grab and Go Combo Power Lunch

**Fruit & Vegetable Choices**  
 Baked Beans, Corn, **Fresh** Cole Slaw, Dried Cranberries, Frosty Peach Cup, Fruit Juices, **Fresh** Fruit

Variety of Milk


**Tuesday, May 23**

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

 Grilled Cheese Sandwich (elementary only)

Turkey Bacon & Lettuce Sub

**Middle & High School Additional Entree Choices**  
 Chicken Tenders with School Baked Roll

 Gourmet Grilled Cheese Sandwich

Fruit, Yogurt & Granola Parfait

Grab and Go Combo Power Lunch

**Fruit & Vegetable Choices**  
 Tomato Soup, Oven Baked Crinkle Cut Potatoes, Blueberry Oatmeal Crisp, Fruit Juice, **Fresh** Fruit

Variety of Milk

**Wed., May 24**

**CHOOSE ONE ENTRÉE**  
**Fresh** Chicken Rainbow Salad w/ Flatbread

Chicken & Spinach Alfredo Bake With School Baked Roll

All Beef Hot Dog on Bun

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

Grab and Go Combo Power Lunch

**Fruit & Vegetable Choices**  
**Fresh** Steamed Baby Carrots, Seasoned Black Beans, **Fresh** Celery Sticks, Mandarin Orange Slices, Fruit Juices, **Fresh** Fruit


Variety of Milk

**Thursday, May 25**

**CHOOSE ONE ENTRÉE**  
**Fresh** Southwest Salad w/ Flatbread

Chicken and Waffle

Fruit, Yogurt & Granola Parfait

**Middle & High School Additional Entree Choices**  
 Meatball Sub

Fruit, Yogurt & Granola Parfait


Grab and Go Combo Power Lunch


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

Variety of Milk

**Friday, May 26**

**EARLY DISMISSAL**  
**CHOOSE ONE ENTRÉE**  
**Fresh** Turkey & Cheese Chef Salad w/ Flatbread

 Big Daddy Pepperoni Pizza

 PBJ Sandwich (elementary only)

**Middle & High School Additional Entree Choices**  
 Corn Dog Nuggets

Fruit, Yogurt & Granola Parfait

Grab and Go Combo Power Lunch

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


Variety of Milk

**Monday, May 29**



**Tuesday, May 30**

**CHOOSE ONE ENTRÉE**  
**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**  
 Hawaiian Chicken Wrap

Fruit, Yogurt & Granola Parfait


Grab and Go Combo Power Lunch


**Fruit & Vegetable Choices**  
 Steamed Broccoli, **Fresh** Cucumbers & Tomatoes, Mixed Fruit, Fruit Juices, **Fresh** Fruit

Variety of Milk

**Wed., May 31**

**CHOOSE ONE ENTRÉE**  
**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**  
 Layered Taco Veggie Cup, Corn, Pears, Fruit Juices, **Fresh** Fruit

Variety of Milk

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

Get Covered. Get in the Game. Get more information at Dare County Department of Social Services or call [252-475-5066](tel:252-475-5066) to help get uninsured eligible children and teens enrolled in Health Check (Medicaid for Children)/ NC Health Choice (CHIP).