

"USDA is an equal opportunity provider."

# **Lunch Prices**

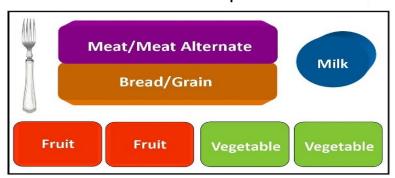
Elementary Middle & High (K-5) (6-12) \$3.00 \$2.75

We provide free and reduced-price meals for eligible students.

Adults pay by the items

### Student Lunch

3 to 7 menu blocks for a complete student lunch



MUST SELECT 1 FRUIT or VEGETABLE

+ 2 OR MORE MENU BLOCKS

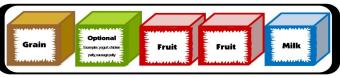
**Dare County Schools School Nutrition** 

Disclaimer for Nutrition and Ingredient Information, As of 11/21/14

### Student Breakfast

#### Select 3 or 5 menu Blocks

Choose at least 1 fruit



Federal School Breakfast Pattern Daily Minimum Offering

Grain = 1 ounce equivalent grain Fruit = 1 cup total Milk = 1 cup

Menu is subject to change based on availability

#### Wednesday February 1

### CHOOSE ONE ENTRÉE

Sriracha Boneless wings with Hushpuppies

3 Cheese Macaroni with Hushpuppies

Fresh Crispy Chicken Salad

Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Veggie Juice Green Beans Applesauce Fresh Fruit

Variety of Milk

#### **Thursday February 2**

#### CHOOSE ONE ENTRÉE

Spaghetti w/ beef sauce and garlic breadstick

Potstickers with Fried Rice

Fresh Southwest Salad

### Fruit & Yogurt Parfait Fruit & Vegetable Choices

Steamed Spinach Crinkle Cut Sweet Potato Fries. **Diced Peaches** Fruit Juice

Variety of Milk

#### **Friday February 3**

### CHOOSE ONE ENTRÉE

Four Cheese Pizza Fresh Vegetarian Salad

Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Mixed Veggies **Bagged Carrots** Spiced Apples Fresh Fruit

Variety of Milk

### **Monday February 6**

#### CHOOSE ONE ENTRÉE

Corn Dog Nuggets Fresh Caesar Salad Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Steamed Broccoli Steamed Carrots Diced Peaches Fruit Juice

Variety of Milk

#### **Tuesday February 7**

### **CHOOSE ONE ENTRÉE**

**Totchos** 

Fresh Ham & Cheese Salad

Fruit & Yogurt Parfait

### Fruit & Vegetable Choices

Steamed Corn Applesauce Spiced Pears

Variety of Milk

#### Wednesday February 8

### CHOOSE ONE ENTRÉE

Grilled Cheese

BBQ on a Bun

Crispy Chicken Salad

Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Baked Beans Cole Slaw Mixed Fruit Fresh Fruit

Variety of Milk

### **Thursday February 9**

### CHOOSE ONE ENTRÉE

Chicken Filet on a Bun Fresh Southwest Salad

Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Waffle Potatoes Green Beans Raisins Fruit Juice

Variety of Milk

#### **Friday February 10**

### CHOOSE ONE ENTRÉE

Cheesy French Bread Fresh Vegetarian Salad

Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Steamed Cabbage Glazed Sweet Potatoes Fresh Fruit Cherry Oatmeal Crisp Variety of Milk

assist our families, nutrition information and menu ingredients for school menu items can be provided. In accordance with the Food

Parents, school nurses and others sometimes want nutritional and ingredient information for school menu items. To 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 — Banana Bread

Tuesday - Pancake Sausage on Stick

Wednesday - Breakfast Pizza

Thursday - Ham & Cheese Biscuit

Friday - Honey Bun

Additional Breakfast selections may include: a variety of whole grain rich breads and grains. Examples are: muffin, honey bun, toaster pastry, cereal, graham crackers, breakfast biscuits and more. Juice, Fruit and a variety of milk are offered with all breakfasts.

#### School Breakfast Prices for 2022-2023

Reduced Student Breakfast = Free

#### **Monday February 13**

### CHOOSE ONE ENTRÉE

Beef Hot Dog on a Bun Fresh Caesar Salad

Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

**Spiral Potatoes** 

Veggie Juice

Raisins

Applesauce

Variety of Milk

#### **Tuesday February 14**

#### CHOOSE ONE ENTRÉE

Cherry Blossom Chicken With Fried Rice

Fresh Ham & Cheese Salad

Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Corn

Lima Beans

Fresh Fruit

Fruit Juice

Variety of Milk

#### Wednesday February 15

#### CHOOSE ONE ENTRÉE

Meatball Sub

Mikes Bites with Marinara

Fresh Crispy Chicken Salad

Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Fingerling Roasted Potatoes, Collards, Peach Cup, Fruit Juice

Variety of Milk

#### **Thursday February 16**

#### CHOOSE ONE ENTRÉE

Cheesy Enchilada soup with Breadstick

Cheese Quesadilla

Both served with Popcorn Chicken

Fresh Southwest Salad

Fruit & Yogurt Parfait Fruit & Vegetable Choices

Crinkle Cut Sweet Potato Fries, Green Beans, Diced Pears, Fresh Fruit

Variety of Milk

### **Friday February 17**

#### CHOOSE ONE ENTRÉE

Nardone's Boxed Pepperoni Pizza

Fresh Vegetarian Salad

### Fruit & Yogurt Parfait Fruit & Vegetable Choices

Celery Cup

**Bagged Carrots** 

Mixed Fruit

Fruit Juce

Variety of Milk

Paid Student Breakfast = \$1.25

(Due to State funding)

#### **Monday February 20**

### No School

#### **Tuesday February 21**

#### **CHOOSE ONE ENTRÉE**

Taco Tuesday

Brown Rice & Tortilla Fresh Ham & Cheese

Salad

Fruit & Yogurt Parfait Fruit & Vegetable Choices

Steamed Corn

Seasoned Black Beans

Mixed Fruit

Fruit Juice

Variety of Milk

#### Wednesday February 22

### CHOOSE ONE ENTRÉE

Sriracha Boneless wings with Hushpuppies

3 Cheese Macaroni with Hushpuppies

Fresh Crispy Chicken Salad

Fruit & Yogurt Parfait

### Fruit & Vegetable Choices

Veggie Juice Green Beans Applesauce Fresh Fruit

Variety of Milk

### **Thursday February 23**

#### CHOOSE ONE ENTRÉE

Spaghetti w/ beef sauce and garlic breadstick

Potstickers with Fried Rice

Fresh Southwest Salad

#### Fruit & Yogurt Parfait Fruit & Vegetable Choices

Steamed Spinach Crinkle Cut Sweet Potato Fries, Diced Peaches

Fruit Juice

Variety of Milk

#### Friday February 24

#### CHOOSE ONE ENTRÉE

Four Cheese Pizza

Fresh Vegetarian Salad

Fruit & Yogurt Parfait

### Fruit & Vegetable Choices

Mixed Veggies

**Bagged Carrots** Spiced Apples

Fresh Fruit

Variety of Milk

#### **Monday February 27**

#### CHOOSE ONE ENTRÉE

Corn Dog Nuggets

Fresh Caesar Salad Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Steamed Broccoli

Steamed Carrots **Diced Peaches** 

Fruit Juice

Variety of Milk

## **Tuesday February 28** CHOOSE ONE ENTRÉE

Totchos

Fresh Ham & Cheese Salad

Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Steamed Corn

Applesauce

Spiced Pears

Variety of Milk