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# Menu For February 2023

“USDA is an equal opportunity provider.”

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## Lunch Prices

Elementary	Middle & High
(K-5)	(6-12)
\$2.75	\$3.00
We provide free and reduced-price meals for eligible students.	
Adults pay by the items selected.	

Meat/Meat Alternate

Bread/Grain

Milk

Fruit

Fruit

Vegetable

Vegetable

MUST SELECT 1 **FRUIT** or **VEGETABLE**  
+ 2 OR MORE MENU BLOCKS

### Student Breakfast

Select 3 or 5 menu Blocks

Choose at least 1 fruit

Grain

Optional  
Examples: yogurt, chicken, patty, sausage, patty

Fruit

Fruit

Milk

Federal School Breakfast Pattern Daily Minimum Offerings  
Grain = 1 ounce equivalent grain  
Fruit = 1 cup total  
Milk = 1 cup  
Additional items may be offered in excess of the federal school breakfast pattern

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

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.

## Breakfast Menu

**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

Paid Student Breakfast = \$1.25

Reduced Student Breakfast = Free

(Due to State funding)

**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 Juice

Variety of Milk

**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