

Menu for December 2022

“USDA is an equal opportunity provider.”

The clock has not run out!

Households may apply at any time during the school year for free and reduced price meal benefits. Get in touch with us today to learn more about free and reduced price meals in our district:
252-480-8888, X1921

Lunch Prices

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

We provide free and reduced-price meals for eligible students.
Adults pay by the items selected.

Thursday December 1

CHOOSE ONE ENTRÉE

Macaroni & Cheese
Garlic Breadstick

Fresh Southwest Salad

Fruit & Yogurt Parfait
Fruit & Vegetable Choices

Crinkle Cut Sweet Potato
Fries,

Green Beans

Fresh Fruit

Diced Pears

Variety of Milk

Friday December 2

CHOOSE ONE ENTRÉE

Nardone's Boxed
Pepperoni Pizza

Fresh Vegetarian Salad

Fruit & Yogurt Parfait
Fruit & Vegetable Choices

Celery Cup

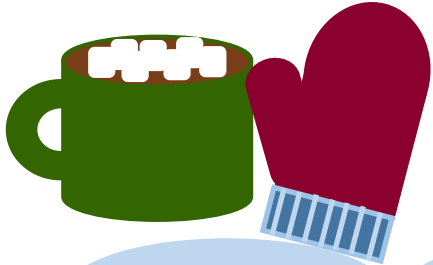
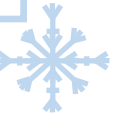
Bagged Carrots

Mixed Fruit

Fruit Juice

Variety of Milk

Menu is subject to change
based on availability



Monday December 5

CHOOSE ONE ENTRÉE

Cheeseburger on a Bun

Fresh Caesar Salad

Fruit & Yogurt Parfait
Fruit & Vegetable Choices
Potato Smiles

Green Peas

Fresh Fruit

Icy Strawberry Cup

Variety of Milk

Tuesday December 6

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 December 7

CHOOSE ONE ENTRÉE

Sriracha Boneless Wings
w/Hushpuppies
Fresh Crispy Chicken
Salad

Fruit & Yogurt Parfait
Fruit & Vegetable Choices
Baked Potato

Green Beans

Applesauce

Fresh Fruit

Variety of Milk

Thursday December 8

CHOOSE ONE ENTRÉE

Potstickers w/Orange
Sauce & 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 December 9

CHOOSE ONE ENTRÉE

Four Cheese Pizza
Fresh Vegetarian Salad

Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Mixed Veggies

Bagged Carrots

Diced Pears

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.

Monday December 12

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 December 13

CHOOSE ONE ENTRÉE

Totchos

Fresh Ham & Cheese Salad

Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Steamed Corn

Applesauce

Spiced Pears

Variety of Milk

Wednesday December14

CHOOSE ONE ENTRÉE

Grilled Cheese

Crispy Chicken Salad

Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Baked Beans

Cole Slaw

Mixed Fruit

Fresh Fruit

Variety of Milk

Thursday December 15

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 December 16

CHOOSE ONE ENTRÉE

Cheesy French Bread

Fresh Vegetarian Salad

Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Fresh Steamed Cabbage

Glazed Sweet Potatoes

Fresh Fruit

Cherry Oatmeal Crisp

Variety of Milk

Online Payments

Parents may pre-pay for school meals, payment of unpaid meal charges and track what their children are purchasing in the school cafeteria and receive low balance E-mail alerts. For information visit: [K12paymentcenter.com](https://www.k12paymentcenter.com)

Monday— Banana Bread

Tuesday— Pancake Sausage on a Stick

Wednesday— Breakfast Pizza

Thursday— Chicken Biscuit

Friday— Powered Donuts

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)

No School until January 3rd

Happy Holidays

Breakfast Menu

