


Menus for

May

2023



Dare County Schools

Menus may be viewed at: daretolearn.org
“USDA is an equal opportunity provider.”

Menu is subject to change
based on availability

Monday May 1

CHOOSE ONE ENTRÉE

Fiesta Pizza
Cheeseburger on a bun
Fresh Caesar Salad
Fruit & Yogurt Parfait
Fruit & Vegetable Choices
Potato Smiles
Green Peas
Fresh Fruit
Strawberry Cup
Variety of Milk

Tuesday May 2

CHOOSE ONE ENTRÉE

Totchos
Fresh Ham & Cheese Salad
Fruit & Yogurt Parfait
Fruit & Vegetable Choices
Seasoned Black Beans
Mixed Fruit
Fruit Juice
Variety of Milk

Wednesday May 3

CHOOSE ONE ENTRÉE

Sriracha Boneless Wings with Hushpuppies
Hot Dog on a Bun
Fresh Crispy Chicken Salad
Fruit & Yogurt Parfait
Fruit & Vegetable Choices
Spiral Potatoes
Green Beans
Applesauce
Fresh Fruit
Variety of Milk

Thursday May 4

CHOOSE ONE ENTRÉE

Spaghetti w/ Beef Sauce and Garlic Breadstick
Potstickers w/ Fried Rice
Fresh Southwest Salad
Fruit & Yogurt Parfait
Fruit & Vegetable Choices
Steamed Spinach, Crinkle Cut Sweet Potato Fries, Peach Cup, Fruit Juice
Variety of Milk

Friday May 5

CHOOSE ONE ENTRÉE

Mikes Bites with Marinara sauce
Fresh Vegetarian Salad
Fruit & Yogurt Parfait
Fruit & Vegetable Choices
Veggie Cup
Bagged Carrots
Cranberries
Fresh Fruit
Variety of Milk

Monday May 8

CHOOSE ONE ENTRÉE

Corn Dog Nuggets
Fresh Caesar Salad
Fruit & Yogurt Parfait
Fruit & Vegetable Choices
Steamed Broccoli
Steamed Carrots
Peach Cup
Fruit Juice
Variety of Milk

Tuesday May 9

CHOOSE ONE ENTRÉE

Ham and Cheese Croissant
Meatball Sub
Fresh Ham & Cheese Salad
Fruit & Yogurt Parfait
Fruit & Vegetable Choices
Steamed Peas
Tater Tots
Applesauce
Fruit Juice
Variety of Milk

Wednesday May 10

CHOOSE ONE ENTRÉE

Chicken and Waffle
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 May 11

CHOOSE ONE ENTRÉE

Chicken Filet on a Bun
Fresh Southwest Salad
Fruit & Yogurt Parfait
Fruit & Vegetable Choices
Waffle Potatoes
Green Beans
Fruit Juice
Fruit and Oatmeal Crisp
Variety of Milk

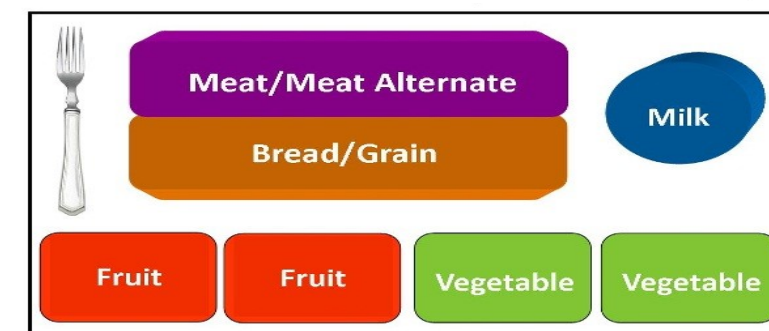
Friday May 12

CHOOSE ONE ENTRÉE

Cheesy French Bread
Fresh Vegetarian Salad
Fruit & Yogurt Parfait
Fruit & Vegetable Choices
Steamed Cabbage
Glazed Sweet Potatoes
Fresh Fruit
Cranberries
Variety of Milk

Look for Featured
Fruit this month!

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

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 15	Tuesday May 16	Wednesday May 17	Thursday May 18	Friday May 19
<u>CHOOSE ONE ENTRÉE</u>	<u>CHOOSE ONE ENTRÉE</u>	<u>CHOOSE ONE ENTRÉE</u>	<u>CHOOSE ONE ENTRÉE</u>	<u>CHOOSE ONE ENTRÉE</u>
Beef Hotdog on a Bun	Cherry Blossom Chicken with Fried Rice	Chicken Filet on a Bun	Popcorn Chicken and Biscuit	Nardone's Boxed Pepperoni Pizza
Chicken Parmesan on a Bun	Fresh Ham & Cheese Salad	Fresh Crispy Chicken Salad	Fresh Southwest Salad	Fresh Vegetarian Salad
Fresh Caesar Salad	Fruit & Yogurt Parfait	Fruit & Yogurt Parfait	Fruit & Yogurt Parfait	Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>	<u>Fruit & Vegetable Choices</u>	<u>Fruit & Vegetable Choices</u>	<u>Fruit & Vegetable Choices</u>	<u>Fruit & Vegetable Choices</u>
Sweet Potato Fries	Steamed Corn	Mashed Potatoes	Potato Tots	Celery Cup
Green Peas	Seasoned Black Beans	Spinach	Green Beans	Bagged Carrots
Fruit Juice	Fresh Fruit	Icy Peach Cup	Fresh Fruit	Mixed Fruit
Applesauce	Fruit Juice	Fruit Juice	Spiced Apples	Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

Breakfast Menu

Monday— Banana Bread

Tuesday— Pancake on a Stick

Wednesday— Breakfast Pizza

Thursday— Breakfast Biscuit


Friday— Baked Cinnamon 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 May 22	Tuesday May 23	Wednesday May 24	Thursday May 25	Friday May 26	Monday, 5/29	Tuesday May 30	Wednesday May 31
<u>CHOOSE ONE ENTRÉE</u>	<u>CHOOSE ONE ENTRÉE</u>	<u>CHOOSE ONE ENTRÉE</u>	<u>CHOOSE ONE ENTRÉE</u>	Early Dismissal <u>CHOOSE ONE ENTRÉE</u>		<u>CHOOSE ONE ENTRÉE</u>	<u>CHOOSE ONE ENTRÉE</u>
Fiesta Pizza	Totchos	Sriracha Boneless Wings with Hushpuppies	Spaghetti w/ Beef Sauce and Garlic Breadstick	Mikes Bites with Marinara sauce		Ham and Cheese Croissant	Chicken and Waffle
Cheeseburger on a bun	Fresh Ham & Cheese Salad	Hot Dog on a Bun	Potstickers w/Fried Rice	Fresh Vegetarian Salad		Meatball Sub	BBQ on a Bun
Fresh Caesar Salad	Fruit & Yogurt Parfait	Fresh Crispy Chicken Salad	Fresh Southwest Salad	Fruit & Yogurt Parfait		Fresh Ham & Cheese Salad	Crispy Chicken Salad
<u>Fruit & Vegetable Choices</u>	<u>Fruit & Vegetable Choices</u>	<u>Fruit & Vegetable Choices</u>	<u>Fruit & Vegetable Choices</u>	<u>Fruit & Vegetable Choices</u>		<u>Fruit & Vegetable Choices</u>	<u>Fruit & Vegetable Choices</u>
Potato Smiles	Seasoned Black Beans	Spiral Potatoes	Steamed Spinach, Crinkle Cut Sweet Potato Fries, Peach Cup, Fruit Juice	Veggie Cup		Fruit & Yogurt Parfait	Baked Beans
Green Peas	Mixed Fruit	Green Beans	Variety of Milk	Bagged Carrots		Steamed Peas	Cole Slaw
Fresh Fruit	Fruit Juice	Applesauce		Cranberries		Tater Tots	Mixed Fruit
Strawberry Cup	Variety of Milk	Fresh Fruit		Fresh Fruit		Applesauce	Fresh Fruit
Variety of Milk		Variety of Milk		Variety of Milk		Fruit Juice	Variety of Milk