

Menu For March 2023

"USDA is an equal opportunity provider."

Menu is subject to change
based on availability

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.

National School Breakfast Week March 6-9

Breakfast Menu

Monday— Banana Bread

Tuesday— Pancake Sausage on a Stick

Wednesday— Breakfast Pizza

Thursday— Ham and 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)



Wednesday March 1

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 March 2

CHOOSE ONE ENTRÉE

Chicken Filet on a Bun
Fresh Southwest Salad
Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Waffle Potatoes
Green Beans
Fruit Juice
Cherry Oatmeal Crisp

Variety of Milk

Friday March 3

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

Monday March 6

CHOOSE ONE ENTRÉE

Ham and Cheese Croissant
Fresh Caesar Salad
Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Spiral Potatoes
Veggie Juice
Raisins
Applesauce

Variety of Milk

Tuesday March 7

CHOOSE ONE ENTRÉE

Popcorn Chicken and Waffles
Fresh Ham & Cheese Salad
Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Steamed Corn
Lima Beans
Fresh Fruit
Fruit Juice

Variety of Milk

Wednesday March 8

CHOOSE ONE ENTRÉE

Bacon, Egg, Toast, and Tots
Fresh Crispy Chicken Salad
Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Veggie Cup
Peach Cup
Fruit Juice

Variety of Milk

Thursday March 9

CHOOSE ONE ENTRÉE

Chicken Filet and Jalapeno Biscuit
Fresh Southwest Salad
Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Crinkle Cut Sweet Potato Fries
Green Beans
Fresh Fruit
Diced Pears

Variety of Milk

Friday March 10

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 March 13
<u>CHOOSE ONE ENTRÉE</u>
Fiesta Pizza
Cheeseburger on a bun
Fresh Caesar Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Potato Smiles
Green Peas
Fresh Fruit
Strawberry Cup
Variety of Milk

Tuesday March 14
<u>CHOOSE ONE ENTRÉE</u>
Taco Tuesday
Brown Rice & Tortilla
Fresh Ham & Cheese Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Steamed Corn
Seasoned Black Beans
Mixed Fruit
Fruit Juice
Variety of Milk

Wednesday March 15
<u>CHOOSE ONE ENTRÉE</u>
Sriracha Boneless Wings with Hushpuppies
Managers Choice
Fresh Crispy Chicken Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Veggie Juice
Green Beans
Applesauce
Fresh Fruit
Variety of Milk

Thursday March 16
<u>CHOOSE ONE ENTRÉE</u>
Spaghetti w/ beef sauce and garlic breadstick
Potstickers with Fried Rice
Fresh Southwest Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Steamed Spinach
Crinkle Cut Sweet Potato Fries,
Diced Peached Fruit Juice
Variety of Milk

Friday March 17
<u>CHOOSE ONE ENTRÉE</u>
Four Cheese Pizza
Fresh Vegetarian Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Mixed Veggies
Bagged Carrots
Spiced Apples
Fresh Fruit
Variety of Milk



Monday March 20
<u>CHOOSE ONE ENTRÉE</u>
Corn Dog Nuggets
Fresh Caesar Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Steamed Broccoli
Steamed Carrots
Diced Peaches
Fruit Juice
Variety of Milk

Tuesday March 21
<u>CHOOSE ONE ENTRÉE</u>
Totchos
Fresh Ham & Cheese Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Steamed Corn
Applesauce
Spiced Pears
Variety of Milk

Wednesday March 22
<u>CHOOSE ONE ENTRÉE</u>
Grilled Cheese
BBQ on a Bun
Crispy Chicken Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Baked Beans
Cole Slaw
Mixed Fruit
Fresh Fruit

Thursday March 23
<u>CHOOSE ONE ENTRÉE</u>
Chicken Filet on a Bun
Fresh Southwest Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Waffle Potatoes
Green Beans
Fruit Juice
Cherry Oatmeal Crisp
Variety of Milk

Friday March 24
<u>CHOOSE ONE ENTRÉE</u>
Cheesy French Bread
Fresh Vegetarian Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Steamed Cabbage
Glazed Sweet Potatoes
Fresh Fruit
Cranberries
Variety of Milk

Monday March 27
<u>CHOOSE ONE ENTRÉE</u>
Beef Hotdog on a bun
Fresh Caesar Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Spiral Potatoes
Veggie Juice
Raisins
Applesauce
Variety of Milk

Tuesday March 28
<u>CHOOSE ONE ENTRÉE</u>
Cherry Blossom
Chicken with Fried Rice
Fresh Ham & Cheese Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Steamed Corn
Lima Beans
Applesauce
Variety of Milk

Wednesday March 29
<u>CHOOSE ONE ENTRÉE</u>
Meatball Sub
Mikes Bites with Marinara
Fresh Crispy Chicken Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Mashed Potatoes
Collard Greens
Peach Cup
Fruit Juice
Variety of Milk

Thursday March 30
<u>CHOOSE ONE ENTRÉE</u>
Cheesy Enchilada Soup with Breadstick
Cheese Quesadilla
Both served with Popcorn Chicken
Fresh Southwest Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Crinkle Cut Sweet Potato Fries
Green Beans
Fresh Fruit
Diced Pears
Variety of Milk

Friday March 31
<u>CHOOSE ONE ENTRÉE</u>
Nardone's Boxed
Pepperoni Pizza
Fresh Vegetarian Salad
Fruit & Yogurt Parfait
<u>Fruit & Vegetable Choices</u>
Celery Cup
Bagged Carrots
Mixed Fruit
Fruit Juice
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.