

May 2022



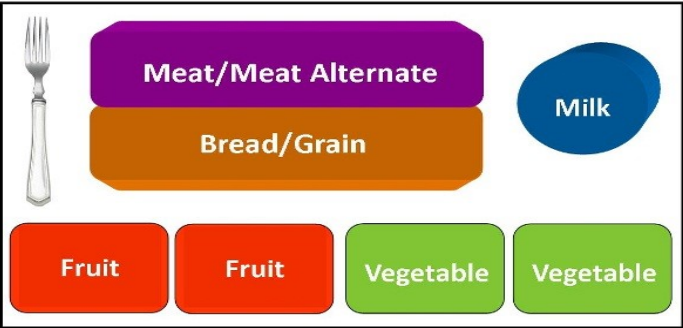
Dare County Schools

“USDA is an equal opportunity provider.”

Menus may be viewed at: daretolearn.org

Student Lunch

3 to 7 menu blocks for a complete student lunch



MUST SELECT 1 FRUIT or VEGETABLE

+ 2 OR MORE MENU BLOCKS

Menu is subject to change
based on availability

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.

Reminder: FREE student Breakfast and Lunch are available daily in all schools

<p>Monday, May 2</p> <p><u>BREAKFAST</u> Banana Bread Fruit Milk</p> <p><u>LUNCH</u> Corn Dog Nuggets</p> <p><u>Fruit & Vegetable</u> Steamed Broccoli, Steamed Carrots, Diced Peaches, Fruit Juice</p> <p>Variety of Milk</p>	<p>Tuesday, May 3</p> <p><u>BREAKFAST</u> Sausage Biscuit Fruit Milk</p> <p><u>LUNCH</u> Totchos with Tortilla Chips</p> <p><u>Fruit & Vegetable</u> Vegetable Juice, Applesauce, Fresh Fruit</p> <p>Variety of Milk</p>	<p>Wed., May 4</p> <p><u>BREAKFAST</u> Breakfast Pizza Fruit Milk</p> <p><u>LUNCH</u> Cheesy French Bread with Marinara Dipping Sauce</p> <p><u>Fruit & Vegetable</u> Baked Beans, Fresh Carrots, Spiced Apples, Fresh Fruit</p> <p>Variety of Milk</p>	<p>Thursday, May 5</p> <p><u>BREAKFAST</u> Egg Biscuit Fruit Milk</p> <p><u>LUNCH</u> Chicken Fillet Sandwich</p> <p><u>Fruit & Vegetable</u> French Fries, Green Beans, Cranberries, Fruit Juice</p> <p>Variety of Milk</p>	<p>Friday, May 6</p> <p><u>BREAKFAST</u> Honey Bun Fruit Milk</p> <p><u>LUNCH</u> Four Cheese Pizza</p> <p><u>Fruit & Vegetable</u> Steamed Cabbage, Glazed Sweet Potatoes, Mixed Fruit, Fresh Fruit</p> <p>Variety of Milk</p>
<p>Monday, May 9</p> <p><u>BREAKFAST</u> Banana Bread Fruit Milk</p> <p><u>LUNCH</u> Beef Hot Dog on a Bun</p> <p><u>Fruit & Vegetable</u> French Fries, Baked Beans, Cranberries, Applesauce</p> <p>Variety of Milk</p>	<p>Tuesday, May 10</p> <p><u>BREAKFAST</u> Sausage Biscuit Fruit Milk</p> <p><u>LUNCH</u> Chicken Bites with Garlic Breadstick</p> <p><u>Fruit & Vegetable</u> Mashed Potatoes, Vegetable Juice, Spiced Apples, Fresh Fruit</p> <p>Variety of Milk</p>	<p>Wed., May 11</p> <p><u>BREAKFAST</u> Breakfast Pizza Fruit, Milk</p> <p><u>LUNCH</u> Elementary Only Grilled Cheese Sandwich Middle/High Only Wings with Garlic Breadstick</p> <p><u>Fruit & Vegetable</u> Mixed Vegetables, Steamed Collards, Diced Peaches, Fruit Juice</p> <p>Variety of Milk</p>	<p>Thursday, May 12</p> <p><u>BREAKFAST</u> Egg Biscuit Fruit Milk</p> <p><u>LUNCH</u> Chicken Drumsticks with Garlic Breadstick</p> <p><u>Fruit & Vegetable</u> Sweet Potato Fries, Green Beans, Mixed Fruit, Fresh Fruit</p> <p>Variety of Milk</p>	<p>Friday, May 13</p> <p><u>BREAKFAST</u> Honey Bun Fruit Milk</p> <p><u>LUNCH</u> Four Cheese Pizza</p> <p><u>Fruit & Vegetable</u> Manager Choice</p> <p>Variety of Milk</p>
<p>Monday, May 16</p> <p><u>BREAKFAST</u> Banana Bread Fruit Milk</p> <p><u>LUNCH</u> Chicken and Waffle</p> <p><u>Fruit & Vegetable</u> Potato Tots, Vegetable Juice, Applesauce, Fresh Fruit</p> <p>Variety of Milk</p>	<p>Tuesday, May 17</p> <p>TEACHER WORK DAY</p> <p>NO SCHOOL</p>	<p>Wed., May 18</p> <p><u>BREAKFAST</u> Breakfast Pizza Fruit Milk</p> <p><u>LUNCH</u> Chicken Drumsticks with Garlic Breadstick</p> <p><u>Fruit & Vegetable</u> Mashed Potatoes, Steamed Green Peas, Cranberries, Fresh Fruit</p> <p>Variety of Milk</p>	<p>Thursday, May 19</p> <p><u>BREAKFAST</u> Egg Biscuit Fruit Milk</p> <p><u>LUNCH</u> Macaroni & Cheese with Garlic Breadstick</p> <p><u>Fruit & Vegetable</u> Cheesy Italian Spinach, Fresh Tomato Cup, Spiced Apples, Fruit Juice</p> <p>Variety of Milk</p>	<p>Friday, May 20</p> <p><u>BREAKFAST</u> Honey Bun Fruit Milk</p> <p><u>LUNCH</u> Four Cheese Pizza</p> <p><u>Fruit & Vegetable</u> Steamed Mixed Vegetables, Fresh Baby Carrots, Diced Peaches, Fresh Fruit</p> <p>Variety of Milk</p>

Monday, May 23 <u>BREAKFAST</u> Banana Bread Fruit Milk <u>LUNCH</u> Corn Dog Nuggets <u>Fruit & Vegetable</u> Steamed Broccoli, Steamed Carrots, Diced Peaches, Fruit Juice Variety of Milk	Tuesday, May 24 <u>BREAKFAST</u> Sausage Biscuit Fruit Milk <u>LUNCH</u> Totchos with Tortilla Chips <u>Fruit & Vegetable</u> Vegetable Juice, Applesauce, Fresh Fruit Variety of Milk	Wed., May 25 <u>BREAKFAST</u> Breakfast Pizza Fruit Milk <u>LUNCH</u> Cheesy French Bread with Marinara Dipping Sauce <u>Fruit & Vegetable</u> Baked Beans, Fresh Carrots, Spiced Apples, Fresh Fruit Variety of Milk	Thursday, May 26 <u>BREAKFAST</u> Egg Biscuit Fruit Milk <u>LUNCH</u> Chicken Fillet Sandwich <u>Fruit & Vegetable</u> French Fries, Green Beans, Cranberries, Fruit Juice Variety of Milk	Friday, May 27 EARLY DISMISSAL <u>BREAKFAST</u> Honey Bun Fruit Milk <u>LUNCH</u> 4 Cheese Pizza <u>Fruit & Vegetable</u> Steamed Cabbage, Glazed Sweet Potatoes, Mixed Fruit Fresh Fruit Variety of Milk
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Monday, May 30 HOLIDAY NO SCHOOL	Tuesday, May 31 <u>BREAKFAST</u> Sausage Biscuit Fruit Milk <u>LUNCH</u> Chicken Bites with Garlic Breadstick <u>Fruit & Vegetable</u> Mashed Potatoes, Vegetable Juice, Spiced Apples, Fresh Fruit Variety of Milk
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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 or govanke@daretolearn.org

We look forward to providing all students free, appealing, nutritious meals for breakfast and lunch this school year. School meals fuel students for learning throughout the day.

Shortages of food and supplies along with staffing challenges are occurring nationwide. Due to this, menus may be subject to change based on availability.

We appreciate your patience and understanding.

FREE School Meals for ALL Dare County Schools Students for the entire school year!

Face to Face Learners

Dare County Schools will provide regular school meals to students (breakfast and lunch). Meals will be provided at **no cost** to ALL students.

Virtual Learners

Dare County Schools will provide breakfast and lunch to students enrolled in the Virtual School option. School meals are at no cost to enrolled students. Meals are unitized and packed for easy pickup at designated school locations.

Parents will need to pre-order meals for the week prior to pick up. Orders will be due on Thursdays for the following week. The order link will be provided to parents via email.

Pre-ordered meal picked days are **Mondays** and **Wednesdays** from 10:00 AM – 10:30 AM at the following locations:

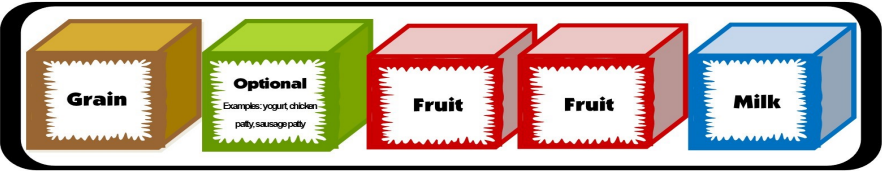
- o Kitty Hawk Elementary office
- o Manteo Middle office
- o First Flight High School office
- o Cape Hatteras Secondary office

Parents will need to enter the school building, sign-in, and pick up meals in the front office. They will be asked their name and child's name.

Student Breakfast

Select 3 to 5 menu Blocks

Choose at least 1 fruit



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

Beginning school year 2022-2023

School meals will not be free for all students. Families will need to apply each year for Free and Reduced Meals. Free and Reduced Meals Application will be available early August.

