

Monday October, 3	Tuesday October, 4	Wednesday October, 5	Thursday October, 6	Friday October, 7
<b><u>CHOOSE ONE ENTRÉE</u></b>	<b><u>CHOOSE ONE ENTRÉE</u></b>	<b><u>CHOOSE ONE ENTRÉE</u></b>	<b><u>CHOOSE ONE ENTRÉE</u></b>	<b><u>EARLY DISMISSAL</u></b>
Cheeseburger on a Bun	Taco Tuesday	Chicken Drumsticks with Hushpuppies	Spaghetti w/Beef sauce, Garlic Breadstick	Four Cheese Pizza
Fresh Caesar Salad	Brown Rice & Tortilla	Fresh Crispy Chicken Salad	Fresh Southwest Salad	Fresh Vegetarian Salad
Fruit & Yogurt Parfait	Fresh Turkey & Cheese Salad	Fruit & Yogurt Parfait	Fruit & Yogurt Parfait	Fruit & Yogurt Parfait
<b><u>Fruit &amp; Vegetable Choices</u></b>	<b><u>Fruit &amp; Vegetable Choices</u></b>	<b><u>Fruit &amp; Vegetable Choices</u></b>	<b><u>Fruit &amp; Vegetable Choices</u></b>	<b><u>Fruit &amp; Vegetable Choices</u></b>
Potato Smiles	Steamed Corn	Veggie Juice	Cheesy Italian Spinach	Veggie Cup
Green Peas	Seasoned Black Beans	Green Beans	Crinkle Cut Sweet Potato Fries,	Bagged Carrots
Fresh Fruit	Diced Pears	Applesauce	Icy Peach Cup	Fresh Fruit
Mixed Fruit	Fruit Juice	Fresh Fruit	Fruit Juice	Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

Monday October, 10	Tuesday October, 11	Wednesday October, 12	Thursday October, 13	Friday October, 14
<b><u>CHOOSE ONE ENTRÉE</u></b>	<b><u>CHOOSE ONE ENTRÉE</u></b>	<b><u>EARLY DISMISSAL</u></b>	<b><u>CHOOSE ONE ENTRÉE</u></b>	<b><u>CHOOSE ONE ENTRÉE</u></b>
Asian Chicken with Rice	Potstickers	<b><u>CHOOSE ONE ENTRÉE</u></b>	Thai Chili Noodle Salad	Wild Mike’s Cheesy Bites
Fresh Caesar Salad	Fresh Turkey & Cheese Salad	Honey Sriracha Wings, Garlic Breadstick	Fresh Southwest Salad	Fresh Vegetarian Salad
Fruit & Yogurt Parfait	Fruit & Yogurt Parfait	Fresh Crispy Chicken Salad	Fruit & Yogurt Parfait	Fruit & Yogurt Parfait
<b><u>Fruit &amp; Vegetable Choices</u></b>	<b><u>Fruit &amp; Vegetable Choices</u></b>	<b><u>Fruit &amp; Vegetable Choices</u></b>	<b><u>Fruit &amp; Vegetable Choices</u></b>	<b><u>Fruit &amp; Vegetable Choices</u></b>
Steamed Broccoli	Steamed Corn	Fruit & Yogurt Parfait	Bagged Carrots	Steamed Cabbage
Steamed Carrots	Veggie Juice	<b><u>Fruit &amp; Vegetable Choices</u></b>	Fresh Cucumber Salad	Glazed Sweet Potatoes
Diced Peaches	Applesauce	Celery Sticks, Potato Tots, Mixed Fruit, Fresh Fruit	Raisins	Fresh Fruit
Fruit Juice	Spiced Pears	Variety of Milk	Fruit Juice	Pineapple Tidbits
Variety of Milk	Variety of Milk		Variety of Milk	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.



# Menus For October 2022

"USDA is an equal opportunity provider."



Menu is subject to change based on availability



## Breakfast Menu

**Monday— Banana Bread**

**Tuesday— Pancake Sausage on Stick**

**Wednesday— Breakfast Pizza**

**Thursday— Chicken Biscuit**

**Friday— Mini 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)  
Adults pay by the items selected

## Fresh Fruit offered daily for breakfast & lunch

Monday October, 17

**CHOOSE ONE ENTRÉE**

Beef Hot Dog on a Bun  
Fresh Turkey & Cheese Salad

Fruit & Yogurt Parfait

**Fruit & Vegetable Choices**

Spiral Potatoes  
Veggie Juice  
Raisins  
Applesauce  
Variety of Milk

Tuesday October, 18

**CHOOSE ONE ENTRÉE**

Chicken & Waffles  
Fresh Turkey & Cheese Salad

Fruit & Yogurt Parfait

**Fruit & Vegetable Choices**

Corn  
Lima Beans  
Fresh Fruit  
Fruit Juice

Variety of Milk

Wednesday October, 19

**Teacher  
Workday  
No School**

Thursday October, 20

**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 October, 21

**CHOOSE ONE ENTRÉE**

Nardone's Pepperoni  
Pizza Box

Fresh Vegetarian Salad

Fruit & Yogurt Parfait

**Fruit & Vegetable Choices**

Celery Cup

Bagged Carrots

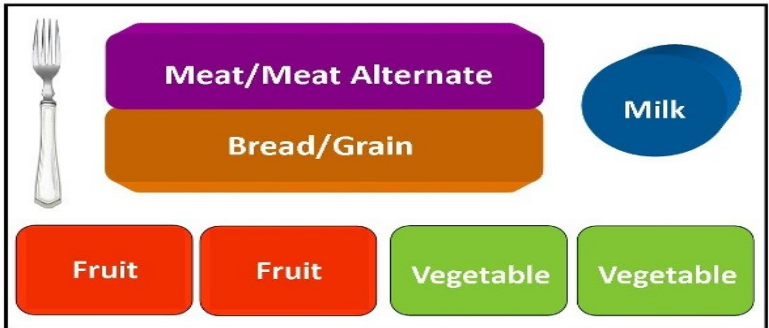
Mixed Fruit

Fruit Juice

Variety of Milk

**Student Lunch**

3 to 7 menu blocks for a complete student lunch



**MUST SELECT 1 FRUIT or VEGETABLE**

**+ 2 OR MORE MENU BLOCKS**

**Lunch Prices**

**Elementary      Middle & High**

**(K-5)**

**\$2.75**

**(6-12)**

**\$3.00**

We provide free and reduced-price meals for eligible students.

Adults pay by the items selected.

**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](http://K12paymentcenter.com)

**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

Monday October, 24

**CHOOSE ONE ENTRÉE**

Cheeseburger on a Bun  
Fresh Caesar Salad

Fruit & Yogurt Parfait

**Fruit & Vegetable Choices**

Potato Smiles  
Green Peas  
Fresh Fruit  
Mixed Fruit

Variety of Milk

Tuesday October, 25

**CHOOSE ONE ENTRÉE**

Taco Tuesday  
Brown Rice & Tortilla  
Fresh Turkey & Cheese Salad

Fruit & Yogurt Parfait

**Fruit & Vegetable Choices**

Steamed Corn  
Seasoned Black Beans  
Diced Pears  
Fruit Juice  
Variety of Milk

Wednesday October, 26

**CHOOSE ONE ENTRÉE**

Chicken Drumsticks with  
Hushpuppies

Fresh Crispy Chicken  
Salad

Fruit & Yogurt Parfait

**Fruit & Vegetable Choices**

Veggie Juice  
Green Beans  
Applesauce  
Fresh Fruit  
Variety of Milk

Thursday October, 27

**CHOOSE ONE ENTRÉE**

Spaghetti w/Beef Sauce  
Garlic Breadstick

Fresh Southwest Salad

Fruit & Yogurt Parfait

**Fruit & Vegetable Choices**

Cheesy Italian Spinach  
Crinkle Cut Sweet Potato Fries,  
Icy Peach Cup  
Fruit Juice  
Variety of Milk

Friday October, 28

**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 October, 31

**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



Menu is subject to change  
based on availability