

# Menus for October 2021



## Dare County Schools

"USDA is an equal opportunity provider and  
Menus may be viewed at: [daretolearn.org](http://daretolearn.org)

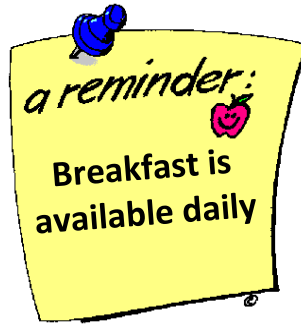
## Featured Fruit & Vegetable

Local Collards  
Local Apples  
Red Pears  
Mixed Fruit

October 11–15, 2021



Today's school lunches get a big roar of approval for meeting strict nutrition standards, including limits on calories, sodium and unhealthy fats.



Friday, October 1

### BREAKFAST

Powdered Donuts  
Fruit  
Milk

### LUNCH

Wild Mike's Cheesy Bites with  
Marinara Dipping Sauce

### Fruit & Vegetable

Mixed Vegetables, Fresh Carrots,  
Spiced Apples, Fresh Fruit

Variety of Milk

Monday, October 4

### BREAKFAST

Banana Bread  
Fruit  
Milk

### LUNCH

Corn Dogs Nuggets

### Fruit & Vegetable

Steamed Broccoli, Fresh  
Steamed Carrots, Icy Peach  
Cup, Fruit Juice

Variety of Milk

Tuesday, October 5

### BREAKFAST

Sausage Biscuit  
Fruit  
Milk

### LUNCH

Taco Tuesday with  
Brown Rice

### Fruit & Vegetable

Steamed Corn, Vegetable  
Juice, Applesauce,  
Spiced Pears

Variety of Milk

Wed., October 6

Teacher Workday  
No School

Thursday, October 7

### BREAKFAST

Donut  
Fruit  
Milk

### LUNCH

Chick Fillet Sandwich

### Fruit & Vegetable

Waffles Fries, Green  
Beans, Raisins,  
Fruit Juice

Variety of Milk

Friday, October 8

### BREAKFAST

Chicken Biscuit  
Fruit  
Milk

### LUNCH

Cheesy French Bread with  
Marinara Dipping Sauce

### Fruit & Vegetable

Steamed Cabbage, Glazed  
Sweet Potatoes, Mixed Fruit,  
Fresh Fruit

Variety of Milk

Monday, October 11

### BREAKFAST

Banana Bread  
Fruit  
Milk

### LUNCH

Chicken & Waffles

### Fruit & Vegetable

Seasoned Potato Wedges,  
Vegetable Juice, Raisins,  
Applesauce

Variety of Milk

Tuesday, October 12

### BREAKFAST

Sausage Biscuit  
Fruit  
Milk

### LUNCH

Totcho Bowl

### Fruit

Mixed Fruit  
Fresh Fruit

Variety of Milk

Wed., October 13

### BREAKFAST

Egg and Cheese Biscuit  
Fruit  
Milk

### LUNCH

Chef Salad with Garlic  
Breadstick

### Fruit

Diced Peaches  
Fruit Juice

Variety of Milk

Thursday, October 14

### BREAKFAST

Donut  
Fruit  
Milk

### LUNCH

Minh Orange Chicken with  
Brown Rice

### Fruit & Vegetable

Mixed Vegetables, Green  
Beans, Diced Pears,  
Fresh Fruit

Variety of Milk

Friday, October 15

### BREAKFAST

Chicken Biscuit  
Fruit  
Milk

### LUNCH

Pizzasticks with Marinara  
Sauce

### Fruit & Vegetable

Fresh Cucumber Cup, Fresh  
Baby Carrots, Fresh 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.

<b>Monday, October 18</b>  <b><u>BREAKFAST</u></b> Banana Bread Fruit Milk  <b><u>LUNCH</u></b> Tyson Breaded Chicken Drumstick with Breadstick  <b><u>Fruit &amp; Vegetable</u></b> Potato Tots, Vegetable Juice, Applesauce, Fresh Fruit  Variety of Milk	<b>Tuesday, October 19</b>  <b><u>BREAKFAST</u></b> Sausage Biscuit Fruit Milk  <b><u>LUNCH</u></b> Taco Tuesday with Brown Rice  <b><u>Fruit &amp; Vegetable</u></b> Steamed Corn, Seasoned Black Beans, Mixed Fruit, Fruit Juice  Variety of Milk	<b>Wed., October 20</b>  <b><u>BREAKFAST</u></b> Egg and Cheese Biscuit Fruit Milk  <b><u>LUNCH</u></b> Cheeseburger on a Bun  <b><u>Fruit &amp; Vegetable</u></b> Potato Smiles, Steamed Green Peas, Raisins, Fresh Fruit  Variety of Milk	<b>Thursday, October 21</b>  <b><u>BREAKFAST</u></b> Donut Fruit Milk  <b><u>LUNCH</u></b> Macaroni and Cheese with Breadstick  <b><u>Fruit &amp; Vegetable</u></b> Cheesy Italian Spinach, Fresh Tomato Cup, Icy Peach Cup, Fruit Juice  Variety of Milk	<b>Friday, October 22</b>  <b><u>BREAKFAST</u></b> Chicken Biscuit Fruit Milk  <b><u>LUNCH</u></b> Wild Mike's Cheesy Bites with Marinara Dipping Sauce  <b><u>Fruit &amp; Vegetable</u></b> Steamed Mixed Vegetables, Fresh Baby Carrots, Spiced Pears, Fresh Fruit  Variety of Milk
<b>Monday, October 25</b>  <b><u>BREAKFAST</u></b> Banana Bread Fruit Milk  <b><u>LUNCH</u></b> Corn Dogs Nuggets  <b><u>Fruit &amp; Vegetable</u></b> Steamed Broccoli, Fresh Steamed Carrots, Icy Peach Cup, Fruit Juice  Variety of Milk	<b>Tuesday, October 26</b>  <b><u>BREAKFAST</u></b> Sausage Biscuit Fruit Milk  <b><u>LUNCH</u></b> Taco Tuesday with Brown Rice  <b><u>Fruit &amp; Vegetable</u></b> Steamed Corn, Vegetable Juice, Applesauce, Spiced Pears  Variety of Milk	<b>Wed., October 27</b>  <p>Early Dismissal</p>  <p>Manager Choice Menu</p>	<b>Thursday, October 28</b>  <b><u>BREAKFAST</u></b> Donut Fruit Milk  <b><u>LUNCH</u></b> Chick Fillet Sandwich  <b><u>Fruit &amp; Vegetable</u></b> Waffles Fries, Green Beans, Raisins, Fruit Juice  Variety of Milk	<b>Friday, October 29</b>  <b><u>BREAKFAST</u></b> Chicken Biscuit Fruit Milk  <b><u>LUNCH</u></b> Cheesy French Bread with Marinara Dipping Sauce  <b><u>Fruit &amp; Vegetable</u></b> Steamed Cabbage, Glazed Sweet Potatoes, Mixed Fruit, Fresh Fruit  Variety of Milk

**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.**

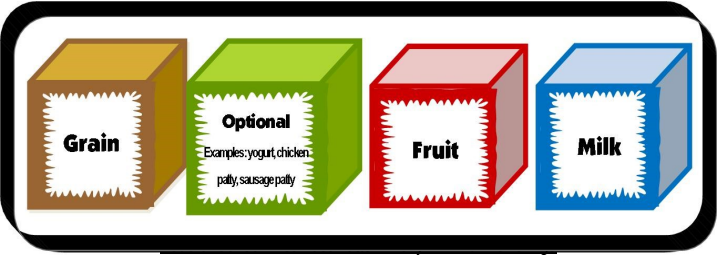
Pre-ordered meal picked days are **Mondays** and **Wednesdays** from 10:00 AM – 10:30 AM at the following locations:

- 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

**4 menu Blocks for a complete Breakfast**



Grain = 1 ounce equivalent grain  
Fruit = 1 cup total  
Milk = 1 cup

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.

### 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

## Student Lunch

**7 menu blocks for a complete student lunch**

