Tuesday January 3	Wednesday January 4	Thursday Janua	ary 5	Friday January	y 6	Due to timing	of deliveries fresh produc	e will be lim	ited the first	week of January.	
CHOOSE ONE ENTRÉE	CHOOSE ONE ENTRÉE	CHOOSE ONE ENTRÉE		CHOOSE ONE ENTRÉE							
Cherry Blossom Chicken With Fried Rice	Meatball Sub	Cheesy Enchilada Soup with Breadstick		Nardone Personal Pan Pepperoni Pizza			Menu for January				
Fruit & Yogurt Parfait	Mikes Bites with Marinara	Cheese Quesad	Cheese Quesadilla		n Salad						
<u>Fruit & Vegetable Choices</u> Corn	Fresh Crispy Chicken Salad	Both served with Popcorn Chicken Fresh Southwest Salad Fruit & Yogurt Parfait <u>Fruit & Vegetable Choices</u> Crinkle Cut Sweet Potato Fries, Green Beans, Diced		Fruit & Yogurt Fruit & Vegetable Celery Cu	<u>Choices</u>			2023			
Lima Beans	Fruit & Yogurt Parfait Fruit & Vegetable Choices			Bagged Carrots					¥		
Fresh Fruit	Mashed Potatoes			Mixed Fru			Online Payments		Lunch Prices Elementary Middle & High		
Fruit Juice	Collards			Fruit Juic	e	Parents n	ay pre-pay for school meals, payment of	unpaid meal	(K-5)	(6-12)	
	Peach Cup	Pears, Fresh Fruit Variety of Milk		Variety of N	1:11-		nd track what their children are purchasing in the school and receive low balance E-mail alerts. For information		\$2.75 We provide free and reduced -price meals for eligible students.		
Variety of Milk	Fruit Juice Variety of Milk			v affety of white			visit: <u>K12paymentcenter.com</u>	J			
	valiety of white								Adults pay by the items selected.		
			Mond	ay January 9	Tueso	day January 10	Wednesday January 11	Thursday	January 12	Friday January 13	
			<u>Choose One Entrée</u> Fiesta Pizza		<u>CHOOSE ONE ENTRÉE</u> Taco Tuesday		CHOOSE ONE ENTRÉE	<u>CHOOSE ONE ENTRÉE</u> Potstickers with Fried		Choose One Entrée	
							Honey Sriracha Boneless			Four Cheese Pizza	
			Fresh Caesar Salad Fruit & Yogurt Parfait		Brown Rice & Tortilla Fresh Ham & Cheese Salad		Wings with Hushpuppies	Rice		Fresh Vegetarian Salad	
							Fresh Crispy Chicken Salad		thwest Salad	Fruit & Yogurt Parfait	
Happy New Year!		Fruit & Vegetable Choices Potato Smiles Green Peas Fresh Fruit Strawberry Cup Variety of Milk		Fruit & Yogurt Parfait <u>Fruit & Vegetable Choices</u> Steamed Corn Seasoned Black Beans Mixed Fruit Fruit Juice Variety of Milk		Fruit & Yogurt Parfait		ogurt Parfait etable Choices	Fruit & Vegetable Choices		
						Fruit & Vegetable Choices	Steamed Spinach,		Mixed Veggies Bagged Carrots		
						Veggie Juice Green Beans	Crinkle Cut Sweet Potato Fries, Diced Peaches,	Spiced Apples			
						Applesauce	Fruit Juice Variey of Milk		Fresh Fruit		
						Fresh Fruit 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 provided. This information provided. This information is general only and is not to be considered medical or nutritional advice.

Brei Mo Tuesday- Wedn Thursda Fri Additional variety of Examples are cereal, grah more. Jui of	Akfast Menu nday— Banana Bread - Pancake Sausage on Stick esday— Breakfast Pizza y— Ham & Cheese Biscuit day— Cinnamon Bun Breakfast selections may include: a whole grain rich breads and grains. e: muffin, honey bun, toaster pastry, am crackers, breakfast biscuits and ce, Fruit and a variety of milk are fered with all breakfasts. Breakfast Prices for 2022-2023 A Student Breakfast = \$1.25		Monday Jan Holic No Sci	day	Tuesday Jan CHOOSE ON Totel Fresh Ham & Sala Fruit & Yog Fruit & Vegetal Steamed Apples Spiced H Variety o	E ENTRÉE los & Cheese d urt Parfait ble Choices Corn auce Pears	Wednesday J <u>CHOOSE ON</u> Grilled O BBQ on Crispy Chick Fruit & Yog <u>Fruit & Vegetal</u> Baked H Cole S Mixed H Fresh H Variety o	E ENTRÉE Cheese a Bun ken Salad urt Parfait ble Choices Beans Slaw Fruit Fruit	Thursday January 19 <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 Raisins Fruit Juice Variety of Milk	Friday January 20 <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 Cherry Crisp Variety of Milk
Reduced Stu Monday January 23 CHOOSE ONE ENTRÉE Beef Hot Dog on a Bun Fresh Caesar Salad Fruit & Yogurt Parfait Fruit & Vegetable Choices Spiral Potatoes Veggie Juice Raisins Applesauce Variety of Milk	dent Breakfast = Free (Due to State funding) Tuesday January 24 <u>CHOOSE ONE ENTRÉE</u> Cherry Blossom Chicken With Fried Rice Fresh Ham & Cheese Salad Fruit & Yogurt Parfait <u>Fruit & Vegetable Choices</u> Corn Lima Beans Fresh Fruit Fruit Juice Variety of Milk	CHOOSE (Meath Mikes I Ma Fresh Cris Si Fruit & Yege Mashee Co Peac Frui	y January 25 DNE ENTRÉE Doall Sub Bites with rinara spy Chicken alad ogurt Parfait <u>etable Choices</u> I Potatoes Ilards ch Cup t Juice y of Milk	Cheesy E with I Cheese Both s Popco Fresh Sou Fruit & Veg Crinkle Cu Fries, Gree Pears,	ONE ENTRÉE Inchilada Soup Breadstick Quesadilla erved with rn Chicken uthwest Salad Yogurt Parfait jetable Choices at Sweet Potato n Beans, Diced Fresh Fruit ty of Milk	CHOOSE Nardone Peppe Fresh Veg Fruit & Y Fruit & Vege Cele Bagg Mix Fru		nu is subject to pased on availa	-	Steamed Corn