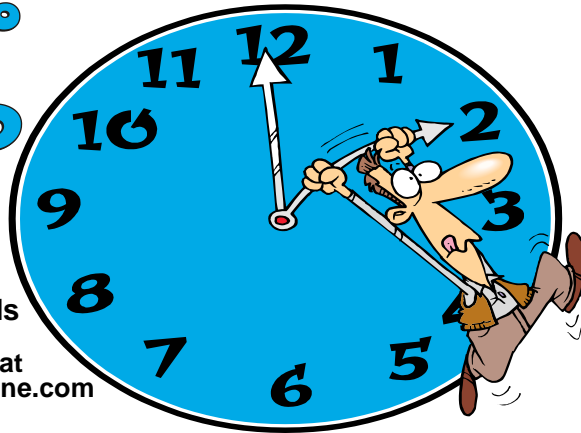


**DON'T FORGET TO  
SPRING  
FORWARD  
ON MARCH 14!**

**March 2010**

**Dare County Schools**

Menus may be viewed at  
[www.darecountyschoolsonline.com](http://www.darecountyschoolsonline.com)



**Word  
of the  
Month**

**pa·tri·ot·ism**

n. 1. love of one's country and willingness to sacrifice for it  
2. loyalty, faithfulness, allegiance, and devotion to one's nation



**MARCH  
BIRTHDAYS**

Dr. Seuss (Ted Geisel) -- Mar. 2  
Harriet Tubman -- Mar. 10  
Justin Bieber (16) -- Mar. 14  
Johann Sebastian Bach -- Mar. 21  
Peyton Manning (34) -- Mar. 23  
Lady Gaga (24) -- Mar. 28



**Breakfast Entrées**

Monday – Belgian Waffle Stick w/Sausage Patty  
Tuesday – Breakfast Pizza  
Wednesday – French Toast Sticks  
Thursday – Chicken Biscuit  
Friday – Cinnamon Raisin Biscuit

Additional Daily Breakfast Selections Include:  
Variety of Cereals, 4 ounce Yogurt with Cinnamon Toast,  
Bagel with Cream Cheese, Honey Bun

Juice or Fruit & a Variety of Milk are offered  
with all student breakfasts

**School Breakfast Prices for 2009-2010**

Paid Student Breakfast = \$1.25  
Reduced Price Student Breakfast = \$0.30  
Adults pay by the items selected = a la carte prices



Potatoes  
are oven  
baked  
and zero  
trans fat



**Free & Reduced Price  
Breakfast & Lunch**

Households may apply at any time during the school year for free and reduced price meal benefits. Benefits are for all grade levels elementary through high school. Applications are available in all Dare County Schools or may be downloaded from [www.darecountyschoolsonline.com](http://www.darecountyschoolsonline.com). If you have questions, contact Child Nutrition at 480-8888, X 1921.

**Direct Certification**

Some households will be notified by letter of automatic approval for free school meals based on food stamp or TANF benefits. If notified no application is required.

**Monday, Mar. 1**

**Choice of One**

Chicken Nuggets with Soft Pretzel Stick (Whole Grain) Or Carolina Barbecue on a Bun  
**Choice of fruits & veggies**

**2 elementary  
3 secondary**

Oven Deli Roaster Potatoes, California Vegetable Blend, Cole Slaw, Baked Beans, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*

Middle & High School  
**additional choices**  
Real Slice Sausage Pizza (Whole Grain Crust)

**Tuesday, Mar. 2**

**Choice of One**

Hot Dog on a Bun Or Breaded Baked Chicken with a Roll  
**Choice of fruits & veggies**

**2 elementary  
3 secondary**

Creamed Potatoes, Peas, Mixed Fruit, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*

Middle & High School  
**additional choices**  
Tuna Salad with Lettuce on a Croissant

**Wed., Mar. 3**

**Choice of One**

Big Daddy Pepperoni Pizza Wedge Or Pork Roast with Dressing, Gravy & Roll  
**Choice of fruits & veggies**

**2 elementary  
3 secondary**

Hot Spiced Apples, Green Beans, Corn, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*

Middle & High School  
**additional choices**  
Honey Barbecue Beef Rib on a Bun Pasta Salad with all entrees

**Thurs., Mar. 4**

**Choice of One**

Chicken Patty on a Bun Or Grilled Cheese  
**Choice of fruits & veggies**

**2 elementary  
3 secondary**

Spicy Spiral Oven Potatoes, Lima Beans, Strawberry Cup, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*

Middle & High School  
**additional choices**  
Cheeseburger on a Bun

**Friday, Mar. 5**

**Choice of One**

Fish on a Bun Or Chili Cheese Nachos with Salsa & Reduced Fat Sour Cream  
**Choice of fruits & veggies**

**2 elementary  
3 secondary**

Tossed Salad, Oven Baked Potato Wedges, Steamed Broccoli, Peach Cup, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*

Middle & High School  
**additional choices**  
Hot & Spicy Chicken Patty on a Bun

**Monday, Mar. 8**

**Choice of One**

Honey Barbecue Beef Rib on a Bun Or Macaroni & Cheese with Roll  
**Choice of fruits & veggies**

**2 elementary  
3 secondary**

Green Beans, Mixed Fruit, Sweet Potatoes, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*

Middle & High School  
**additional choices**  
Chicken Patty on a Bun

Spicy Spiral Oven Potatoes

**Tuesday, Mar. 9**

**Choice of One**

Tacos (2) with Salsa & Cheese Or Piled High Turkey with Cheese on a Whole Grain Bun  
Mexican Rice with both entrees  
**Choice of fruits & veggies**

**2 elementary  
3 secondary**

Refried Beans, Broccoli, Peaches, Tossed Salad, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*

Middle & High School  
**additional choices**  
Cheeseburger on a Bun

**Wed., Mar. 10**

**Choice of One**

Grilled Cheese Or Chicken Tenders with French Bread Stick & Red Sauce  
**Choice of fruits & veggies**

**2 elementary  
3 secondary**

Baked Crinkle Cut Potatoes, Vegetable Soup, Strawberry Cup, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*

Middle & High School  
**additional choices**  
Beef & Bean Chili Bowl with French Bread Stick

**Thurs., Mar. 11**

**Choice of One**

Roast Turkey with Dressing, Gravy & Roll Or Corn Dog Nuggets (Whole Grain Batter)  
**Choice of fruits & veggies**

**2 elementary  
3 secondary**

Green Peas, Cranberry Sauce, Creamed Potatoes, Mixed Fruit, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*

Middle & High School  
**additional choices**  
Big Daddy Pepperoni Pizza

**Friday, Mar. 12**

**Choice of One**

Stuffed Crust Cheese Pizza Or Pork Egg Roll with Oriental Rice  
**Choice of fruits & veggies**

**2 elementary  
3 secondary**

Blueberries, Oriental Vegetables, Fresh Baby Carrots, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*

Middle & High School  
**additional choices**  
Carolina Barbecue on a Bun Cole Slaw

**Monday, Mar. 15**

**Choice of One**

Cheeseburger  
Or  
Real Slice Sausage Pizza  
(Whole Grain Crust)  
**Choice of fruits & veggies**  
**2 elementary**  
**3 secondary**  
Oven Baked Potato Rounds, Steamed Broccoli, Blueberry Crisp, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*  
Middle & High School  
additional choices  
Grilled Chicken on a Bun

**Tuesday, Mar. 16**

**Choice of One**

Popcorn Chicken with Roll  
Or  
Hot Piled High Ham & Cheese  
Croissant  
**Choice of fruits & veggies**  
**2 elementary**  
**3 secondary**  
Mixed Fruit, Oven Crinkle Cut Potatoes, Oriental Vegetables, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*  
Middle & High School  
additional choices  
Mozzarella Cheese Sticks with Red Sauce

**Wed., Mar. 17**

**Choice of One**

Tacos (2) with Salsa & Cheese  
Or  
Corn Dog (Whole Grain Batter)  
Both with Mexican Rice  
**Choice of fruits & veggies**  
**2 elementary**  
**3 secondary**  
Corn, California Vegetable Blend, Tossed Salad, Strawberry Cup, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*  
Middle & High School  
additional choices  
Hot & Spicy Chicken Patty on a Bun

**Thurs., Mar. 18**

**Choice of One**

Elementary Only  
Breakfast for Lunch  
Scrambled Eggs and Ham  
With 2 pancakes Or  
In All Schools  
Harvest Cheese Pizza (Whole Grain Crust)  
**Choice of fruits & veggies**  
**2 elementary**  
**3 secondary**  
Spinach, Apple Sauce, Au gratin Potatoes, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*  
Middle & High School  
additional choices  
Grilled Cheese  
Carolina Barbecue on a Bun  
Cole Slaw

**Friday, Mar. 19**

**Choice of One**

Fish Nuggets  
Or  
Spaghetti with Zesty Beef Sauce  
Both with Whole Grain Bread Stick  
**Choice of fruits & veggies**  
**2 elementary**  
**3 secondary**  
Tossed Salad, Green Beans, Pears, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*  
Middle & High School  
additional choices  
Honey Barbecue Rib on a Bun  
Spicy Spiral Oven Potatoes

**Daily Entrée Salads**

**A complete student lunch is provided by entrée salads with salad dressing (1.5 oz pack), croutons, bread of the day (or crackers) and milk.**

**Middle & High students may add a fruit or veggie.**

Monday – Chicken Caesar Salad  
Tuesday – Spinach Salad  
Wednesday – Ham & Cheese Chef Salad  
Thursday – Oriental Chicken Salad  
Friday – Turkey & Cheese Chef Salad

**Adult entrée salads are \$2.50 and this price includes: Salad, dressing (1.5 oz pack), croutons and bread of the day (or crackers).**

**Students & Adults may purchase additional packs of dressing at \$0.35 each.**

**Additional packs of croutons are \$0.25 each**

**Middle & High School  
Daily Menu Offering  
Side Salad**

**Monday, Mar. 22**

**Choice of One**

Chicken Nuggets with Soft Pretzel Stick (Whole Grain) Or  
Carolina Barbecue on a Bun  
**Choice of fruits & veggies**  
**2 elementary**  
**3 secondary**  
Oven Deli Roaster Potatoes, California Vegetable Blend, Cole Slaw, Baked Beans, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*  
Middle & High School  
additional choices  
Real Slice Sausage Pizza  
(Whole Grain Crust)

**Tuesday, Mar. 23**

**Choice of One**

Hot Dog on a Bun  
Or  
Breaded Baked Chicken with a Roll  
**Choice of fruits & veggies**  
**2 elementary**  
**3 secondary**  
Creamed Potatoes, Peas, Mixed Fruit, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*  
Middle & High School  
additional choices  
Tuna Salad with Lettuce on a Croissant

**Wed., Mar. 24**

**Choice of One**

Big Daddy Pepperoni Pizza Wedge  
Or  
Pork Roast with Dressing, Gravy & Roll  
**Choice of fruits & veggies**  
**2 elementary**  
**3 secondary**  
Hot Spiced Apples, Green Beans, Corn, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*  
Middle & High School  
additional choices  
Honey Barbecue Beef Rib on a Bun  
Pasta Salad with all entrees

**Thurs., Mar. 25**

**Choice of One**

Chicken Patty on a Bun  
Or  
Grilled Cheese  
**Choice of fruits & veggies**  
**2 elementary**  
**3 secondary**  
Spicy Spiral Oven Potatoes, Lima Beans, Strawberry Cup, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*  
Middle & High School  
additional choices  
Cheeseburger on a Bun

**Friday, Mar. 26**

**Choice of One**

Fish on a Bun  
Or  
Chili Cheese Nachos with Salsa & Reduced Fat Sour Cream  
**Choice of fruits & veggies**  
**2 elementary**  
**3 secondary**  
Tossed Salad, Oven Baked Potato Wedges, Steamed Broccoli, Peach Cup, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*  
Middle & High School  
additional choices  
Hot & Spicy Chicken Patty on a Bun

**Monday, Mar. 29**

**Choice of One**

Honey Barbecue Beef Rib on a Bun  
Or  
Macaroni & Cheese with Roll  
**Choice of fruits & veggies**  
**2 elementary**  
**3 secondary**  
Green Beans, Mixed Fruit, Sweet Potatoes, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*  
Middle & High School  
additional choices  
Chicken Patty on a Bun  
Spicy Spiral Oven Potatoes

**Tuesday, Mar. 30**

**Choice of One**

Tacos (2) with Salsa & Cheese  
Or  
Piled High Turkey with Cheese on a Whole Grain Bun  
Mexican Rice with both entrees  
**Choice of fruits & veggies**  
**2 elementary**  
**3 secondary**  
Refried Beans, Broccoli, Peaches, Tossed Salad, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*  
Middle & High School  
additional choices  
Cheeseburger on a Bun

**Wed., Mar. 31**

**Choice of One**

Grilled Cheese  
Or  
Chicken Tenders with French Bread Stick & Red Sauce  
**Choice of fruits & veggies**  
**2 elementary**  
**3 secondary**  
Baked Crinkle Cut Potatoes, Vegetable Soup, Strawberry Cup, Assorted Fruit Juices, Fresh Fruit & Variety of Milk  
\*\*\*\*\*  
Middle & High School  
additional choices  
Beef & Bean Chili Bowl with French Bread Stick

**Recycle all Plastic Bottles**

**Did you know that in North Carolina it is against the law to throw away a plastic bottle?**

***The solution  
recycle all plastic bottles***

**At present in North Carolina only 18-20% of plastic bottles are recycled. The goal is to reach 100% recycled.**

**Recycling plastic is a growing industry in the state, providing jobs and saving the planet!**

**Internet Meal Pre-payment**

Technology is available to allow parents to pre-pay for school meals, to track what their children are purchasing in the school cafeteria and to receive a low balance E-mail alert.

For information visit:

[LunchPrepay.com](http://LunchPrepay.com) or [www.darecountyschoolsonline.com](http://www.darecountyschoolsonline.com)

To set up an account, you will need each child's student number. The number is typically found on report cards, immediately to the right of the student's name. Transactions may take 24 to 48 hours to post. If you need assistance with a student number or have any questions, contact Kellela Govan, bookkeeper, in Child Nutrition at (252) 480-8888, X1921.

A 3% transaction fee applies to all pre-payments. All fees go to the software company, not Child Nutrition.

The premium option for \$10 per year offers low balance alerts & review of purchases. Parents will be sent an E-mail from LunchPrepay.com when it is time to renew the premium option.