



**ON SLOW
C O U N T Y
S C H O O L S**



**School Nutrition Services
All Grades Breakfast Menu**

Breakfast Meal Prices:

All Grades Paid: \$1.25

All Grades Reduced/Free: \$0.00

Non Student: A la carte prices

Meals can be paid in advance at:

www.k12paymentcenter.com

Breakfast includes of choice of: Entrée with grain/bread, fruit, juice and milk. At least one fruit choice must be selected.

Assorted cereal offered daily.

Milk Choices include:

1% Plain

Fat Free Plain

Fat Free Chocolate

Fat Free Strawberry

All options may not be available at all schools . Menu selection is subject to change at any time.

Visit our website at:

www.onslowcounty.schoolinsites.com/

Menus for Aug-Sept 2017

Pop Tarts & Cereal
Offered Daily

Breakfast K-12

Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	Friday, Sept 1
Buttermilk-Breaded Chicken Biscuit Applesauce Orange Juice Milk	Cinnamon Crumb Cake Raisins Apple Juice Milk	Pancake Wrapped Sausage on a Stick Applesauce Orange Juice Milk	Cinnamon Roll Raisins Grape Juice Milk	Fresh Baked Donut Fresh Banana Orange Juice Milk
Monday, Sept 4	Tuesday, Sept 5	Wednesday, Sept 6	Thursday, Sept 7	Friday, Sept 8
Labor Day	Egg & Cheese Muffin Raisins Apple Juice Milk	Breakfast Pizza Applesauce Orange Juice Milk	Cherry Strudel Raisins Grape Juice Milk	Fresh Baked Donut Fresh Banana Orange Juice Milk
Monday, Sept 11	Tuesday, Sept 12	Wednesday, Sept 13	Thursday, Sept 14	Friday, Sept 15
Sausage Biscuit Applesauce Orange Juice Milk	Egg & Cheese Muffin Raisins Apple Juice Milk	Turkey Ham & Cheese on Hawaiian Bun Applesauce Orange Juice Milk	French Toast Sticks Raisins Grape Juice Milk	Fresh Baked Donut Fresh Banana Orange Juice Milk
Monday, Sept 18	Tuesday, Sept 19	Wednesday, Sept 20	Thursday, Sept 21	Friday, Sept 22
Buttermilk-Breaded Chicken Biscuit Applesauce Orange Juice Milk	Egg & Cheese Muffin Cake Raisins Apple Juice Milk	Pancake Wrapped Sausage on a Stick Applesauce Orange Juice Milk	Cinnamon Roll Raisins Grape Juice Milk	Fresh Baked Donut Fresh Banana Orange Juice Milk
Monday, Sept 25	Tuesday, Sept 26	Wednesday, Sept 27	Thursday, Sept 28	Friday, Sept 29
Pancake Sausage Sandwich Applesauce Orange Juice Milk	Egg & Cheese Muffin Raisins Apple Juice Milk	Breakfast Pizza Applesauce Orange Juice Milk	Apple Strudel Raisins Grape Juice Milk	Fresh Baked Donut Fresh Banana Orange Juice Milk

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Food Allergy Disclaimer: Please be aware that School Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary and we are not able to guarantee that any food item will be completely free of food allergens. If you have questions or any concerns regarding ingredients of a specific food or recipe, please reach out to the School Nutrition Services Nutritionist, Emily Soape at 910-455-2211 ext 20576 or email emily.soape@onslow.k12.nc.us

This institution is an equal opportunity provider and employer.