

# OCS

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



School Nutrition Services  
9-12 Lunch Menu

Lunch Meal Prices:

9-12 Paid: \$2.25

9-12 Reduced: \$0.40

Non Student: A la carte prices

Meals can be paid in advance at:  
[www.k12paymentcenter.com](http://www.k12paymentcenter.com)

Lunch includes of choice of: Entrée with grain/bread, two vegetables, two fruits, and milk. Three components must be chosen and must include at least one vegetable or fruit.

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/](http://www.onslowcounty.schoolinsites.com/)

## Menus for August 2017

PB&J's  
Served Daily!

Lunch 9-12

Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	Friday, Sept 1
Corn Dog Nuggets Beef Soft Tacos Spicy Pintos Sunbelievables Pineapple Tidbits Fresh Fruit Milk	Cheeseburger BBQ Chicken Cornbread Muffin Corn Cobbettes Creamy Coleslaw Mandarin Oranges Fresh Fruit Milk	Chicken Sandwich Mac & Cheese Toasted Breadstick Seasoned Broccoli Sweet Potato Fries Diced Pears Fresh Fruit Milk	Chef Salad Hamburger Steak Fresh Baked Dinner Roll Green Beans Mashed Potatoes Diced Peaches Fresh Fruit Milk	Cheese or Pepperoni Pizza Turkey & Cheese Hoagie Fresh Sliced Tomatoes Fresh Carrots Fruit Freeze Cup Fresh Fruit Milk
Monday, Sept 4	Tuesday, Sept 5	Wednesday, Sept 6	Thursday, Sept 7	Friday, Sept 8
<b>Labor Day</b>	Chicken & Waffles Cheeseburger Black-eyed Peas French Fries Mandarin Oranges Fresh Fruit Milk	Cheese Breadsticks Chicken Sandwich Seasoned Broccoli Mixed Veggies Diced Pears Fresh Fruit Milk	General Tso's Chicken Steamed Rice Chef Salad Toasted Breadstick Stir Fry Veggies Sunbelievables Diced Peaches Fresh Fruit Milk	Cheese or Pepperoni Pizza Spicy Chicken Wings Cornbread Muffin Fresh Sliced Tomatoes Fresh Carrots Fruit Freeze Cup Fresh Fruit Milk
Monday, Sept 11	Tuesday, Sept 12	Wednesday, Sept 13	Thursday, Sept 14	Friday, Sept 15
Corn Dog Nuggets Cheesy Bean Burritos MexiCali Corn Sunbelievalbes Pineapple Tidbits Fresh Fruit Milk	Cheeseburger BBQ Pork Sandwich Baked Beans Creamy Coleslaw Mandarin Oranges Fresh Fruit Milk	Spicy Chicken Sandwich Sweet Thai Meatballs Steamed Rice Seasoned Broccoli Mixed Veggies Diced Pears Fresh Fruit Milk	Chef Salad Oven Fried Chicken Cornbread Muffin Mashed Potatoes Green Beans Diced Peaches Fresh Fruit Milk	Cheese or Pepperoni Pizza Cuban Sandwich Fresh Sliced Tomatoes Fresh Carrots Strawberry Cup Fresh Fruit Milk
Monday, Sept 18	Tuesday, Sept 19	Wednesday, Sept 20	Thursday, Sept 21	Friday, Sept 22
Corn Dog Nuggets Beef Soft Tacos Spicy Pintos Sunbelievables Pineapple Tidbits Fresh Fruit Milk	Cheeseburger BBQ Chicken Cornbread Muffin Corn Cobbettes Creamy Coleslaw Mandarin Oranges Fresh Fruit Milk	Chicken Sandwich Mac & Cheese Toasted Breadstick Seasoned Broccoli Sweet Potato Fries Diced Pears Fresh Fruit Milk	Early Release Day Deli Sandwich Fruitables Fresh Carrots Fresh Fruit Raisins Sweet Treat! Milk	Cheese or Pepperoni Pizza Turkey & Cheese Hoagie Fresh Sliced Tomatoes Fresh Carrots Strawberry Cup Fresh Fruit Milk
Monday, Sept 25	Tuesday, Sept 26	Wednesday, Sept 27	Thursday, Sept 28	Friday, Sept 29
Chicken Nuggets Meatballs & Gravy Fresh Baked Dinner Roll Green Beans Mashed Potatoes Pineapple Tidbits Fresh Fruit Milk	Chicken & Waffles Cheeseburger Black-eyed Peas French Fries Mandarin Oranges Fresh Fruit Milk	Cheese Breadsticks Chicken Sandwich Seasoned Broccoli Mixed Veggies Diced Pears Fresh Fruit Milk	General Tso's Chicken Steamed Rice Chef Salad Toasted Breadstick Stir Fry Veggies Sunbelievables Diced Peaches Fresh Fruit Milk	Cheese or Pepperoni Pizza Spicy Chicken Wings Cornbread Muffin Fresh Sliced Tomatoes Fresh Carrots Strawberry Cup Fresh Fruit 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](mailto:emily.soape@onslow.k12.nc.us)

This institution is an equal opportunity provider and employer.