

OCS

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 August 2017

Early College

	Tuesday, August 1	Wednesday, August 2	Thursday, August 3	Friday, August 4
Monday, August 7	Tuesday, August 8	Wednesday, August 9	Thursday, August 10	Friday, August 11
Chicken Biscuit Orange Juice Applesauce Milk	Egg & Cheese Muffin Apple Juice Raisins Milk	Sausage Pancake on a Stick Orange Juice Applesauce Milk	Egg & Cheese Muffin Grape Juice Raisins Milk	Super Donut Orange Juice Fresh Banana Milk
Monday, August 14	Tuesday, August 15	Wednesday, August 16	Thursday, August 17	Friday, August 18
Pancake Sausage Sandwich Orange Juice Applesauce Milk	Blueberry Muffin Apple Juice Raisins Milk	Breakfast Pizza Orange Juice Applesauce Milk	Cherry Strudel Grape Juice Raisins Milk	Super Donut Orange Juice Fresh Banana Milk
Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
Sausage Biscuit Orange Juice Applesauce Milk	Mini Maple Pancakes Apple Juice Raisins Milk	Turkey Ham & Cheese Sandwich Orange Juice Applesauce Milk	French Toast Sticks Grape Juice Raisins Milk	Super Donut Orange Juice Fresh Banana Milk
Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	
See Breakfast All Grades Menu	See Breakfast All Grades Menu	See Breakfast All Grades Menu	See Breakfast All Grades Menu	

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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.