

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

# Menus for August 2017

Year Round Schools

Tuesday, August 1		Wednesday, August 2		Thursday, August 3		Friday, August 4			
	Pancakes Apple Juice Raisins Milk		Chicken Biscuit Orange Juice Applesauce Milk		Cinnamon Roll Grape Juice Raisins Milk		Assorted Cereal Orange Juice Applesauce Milk		
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](mailto:emily.soape@onslow.k12.nc.us)

This institution is an equal opportunity provider and employer.