

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

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/

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 Sandwich Seasoned Broccoli Buttery Corn Mixed Fruit Fruit Freeze Cup Choice of Milk	Cheeseburger Seasoned Spinach Black-eyed Peas Diced Peaches Fruit Freeze Cup Choice of Milk	Corn Dog Nuggets Sweet Potato Fries Mixed Veggies Applesauce Fruit Freeze Cup Choice of Milk	Deli Turkey Wrap Green Beans Mashed Potatoes Diced Pear Fruit Freeze Cup Choice of Milk	Meatloaf Sandwich Creamy Coleslaw Fresh Carrots Baked Apples Fruit Freeze Cup Choice of Milk
Monday, August 14	Tuesday, August 15	Wednesday, August 16	Thursday, August 17	Friday, August 18
Beef Taco Seasoned Broccoli Sliced Tomatoes Mixed Fruit Fruit Freeze Cup Choice of Milk	Cheeseburger French Fries Green Beans Diced Peaches Fruit Freeze Cup Choice of Milk	Rib A Que Sweet Potato Casserole Buttery Corn Applesauce Fruit Freeze Cup Choice of Milk	BBQ Sandwich Baked Beans Creamy Coleslaw Diced Pears Fruit Freeze Cup Choice of Milk	Fiestada Pizza Seasoned Spinach Fresh Carrots Mandarin Oranges Fruit Freeze Cup Choice of Milk
Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
Chicken Sandwich Seasoned Broccoli Fresh Carrots Mixed Fruit Fruit Freeze Cup Choice of Milk	Steak & Cheese Wrap Sweet Potato Fries Green Beans Diced Peaches Fruit Freeze Cup Choice of Milk	Cheese Quesadilla w/salsa Spicy Pintos Mixed Veggies Applesauce Fruit Freeze Cup Choice of Milk	Sloppy Joe Seasoned Spinach Buttery Corn Diced Pears Fruit Freeze Cup Choice of Milk	Fiestada Pizza Creamy Coleslaw Black-eyed Peas Mandarin Oranges Fruit Freeze Cup Choice of Milk
Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	
See 9-12 Menu	See 9-12 Menu	See 9-12 Menu	See 9-12 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.