

OCS

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



School Nutrition Services
K-8 Lunch Menu

Lunch Meal Prices:

K-8 Paid: \$2.25

K-8 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, one fruit, 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

Year Round Schools

Tuesday, August 1		Wednesday, August 2		Thursday, August 3		Friday, August 4			
Cheeseburger BBQ Pork Sandwich Creamy Coleslaw Baked Beans Diced Peaches Choice of Milk		Chicken Nuggets Steak & Cheese Wrap Homestyle Biscuit Buttery Corn Fresh Carrots Applesauce Choice of Milk		Roasted Turkey Sloppy Joe Homestyle Biscuit Green Beans Sweet Potato Casserole Diced Pears Choice of Milk		Philly Steak Sandwich Spaghetti Breadstick Seasoned Spinach Mixed Veggies Baked Apples Choice of Milk			
Monday, August 7		Tuesday, August 8		Wednesday, August 9		Thursday, August 10		Friday, August 11	
Beef Taco Chicken Sandwich Seasoned Broccoli Buttery Corn Mixed Fruit Choice of Milk		Cheeseburger BBQ Chicken Country Cornbread Seasoned Spinach Black-eyed Peas Diced Peaches Choice of Milk		Corn Dog Nuggets Mac & Cheese Sweet Potato Fries Mixed Veggies Applesauce Choice of Milk		Hamburger Steak Deli Turkey Wrap Homestyle Biscuit Green Beans Mashed Potatoes Diced Pears Choice of Milk		Pizza Chef Salad Breadstick Creamy Coleslaw Fresh Carrots Baked Apples Choice of Milk	
Monday, August 14		Tuesday, August 15		Wednesday, August 16		Thursday, August 17		Friday, August 18	
Chicken Nuggets Meatballs & Gravy Homestyle Biscuit Mashed Potatoes Green Beans Pineapple Tidbits Choice of Milk		Cheeseburger Chicken & Waffles Black-eyed Peas French Fries Mandarin Oranges Choice of Milk		Chicken Sandwich Cheesy Breadsticks Seasoned Broccoli Mixed Veggies Diced Pears Choice of Milk		Chef Salad General Tso's Chicken Steamed Rice Stir Fry Veggies Sunbelieveables Diced Peaches Choice of Milk		Pizza Ham & Cheese Hoagie Fresh Sliced Tomatoes Fresh Baby Carrots Strawberry Cups Choice of Milk	
Monday, August 21		Tuesday, August 22		Wednesday, August 23		Thursday, August 24		Friday, August 25	
Corn Dog Nuggets Bean Burritos MexiCali Corn Sunbelieveables Pineapple Tidbits Choice of Milk		Cheeseburger BBQ Pork Sandwich Baked Beans Creamy Coleslaw Mandarin Oranges Choice of Milk		Chicken Sandwich Sweet & Spicy Meatballs Steamed Rice Seasoned Broccoli Mixed Veggies Diced Pears Choice of Milk		Chef Salad Oven Fried Chicken Country Cornbread Mashed Potatoes Green Beans Diced Peaches Choice of Milk		Pizza Cuban Sandwich Fresh Sliced Tomatoes Fresh Baby Carrots Strawberry Cups Choice of Milk	
Monday, August 28		Tuesday, August 29		Wednesday, August 30		Thursday, August 31			
See K-8 Lunch Menu		See K-8 Lunch Menu		See K-8 Lunch Menu		See K-8 Lunch 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.