

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 July 2017

Year Round Schools

Monday, July 3	Tuesday, July 4	Wednesday, July 5	Thursday, July 6	Friday, July 7
				
Monday, July 10	Tuesday, July 11	Wednesday, July 12	Thursday, July 13	Friday, July 14
Monday, July 17	Tuesday, July 18	Wednesday, July 19	Thursday, July 20	Friday, July 21
Cheese Sticks Crackers Orange Juice Applesauce Milk	Pancakes Apple Juice Raisins Milk	French Toast Orange Juice Applesauce Milk	Cinnamon Roll Grape Juice Raisins Milk	Assorted Cereal Orange Juice Applesauce Milk
Monday, July 24	Tuesday, July 25	Wednesday, July 26	Thursday, July 27	Friday, July 28
Cheese Sticks Crackers Orange Juice Applesauce Milk	Pancakes Apple Juice Raisins Milk	Sausage Biscuit Orange Juice Applesauce Milk	Fruit Muffin Grape Juice Raisins Milk	Assorted Cereal Orange Juice Applesauce Milk
Monday, July 31				
Cheese Sticks Crackers Orange Juice Applesauce 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

This institution is an equal opportunity provider and employer.