

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 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
Beef Taco Chicken Sandwich Seasoned Broccoli Spicy Pintos Strawberry Cup Choice of Milk	Cheeseburger BBQ Pork Sandwich Manager's Choice Baked Beans Diced Peaches Choice of Milk	Chicken Nuggets Steak & Cheese Wrap Homestyle Biscuit French Fries Mixed Veggies Applesauce Choice of Milk	Roasted Turkey Toasted Cheese Sandwich Homestyle Biscuit Green Beans Sweet Potato Casserole Diced Pears Choice of Milk	Spaghetti Deli Turkey Wrap Seasoned Spinach Steamed Carrots Baked Apples Choice of Milk
Monday, July 24	Tuesday, July 25	Wednesday, July 26	Thursday, July 27	Friday, July 28
Beef Taco Chicken Sandwich Seasoned Broccoli Buttery Corn Mixed Fruit Choice of Milk	Cheeseburger BBQ Chicken Country Cornbread French Fries Black-eyed Peas Diced Peaches Choice of Milk	Corn Dog Nuggets Cheese Quesadilla Sweet Potato Fries Spicy Pintos Applesauce Choice of Milk	Chef Salad Sweet Thai Meatballs Homestyle Biscuit Green Beans Mashed Potatoes Diced Pears Choice of Milk	Chicken Fajitas Rib-A-Que Seasoned Spinach Fresh Sliced Tomatoes Baked Apples Choice of Milk
Monday, July 31				
Beef Taco Chicken Sandwich Seasoned Broccoli Sliced Tomatoes Strawberry Cup Choice of 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.