



Monday

Tuesday

Wednesday

Thursday

Friday

<p>5 Cinnamon Roll Assorted Fruit Juice Manager's Choice Fruit Milk</p>	<p>6 Pancakes Assorted Fruit Juice Manager's Choice Fruit Milk</p>	<p>7 Fruit Muffins Assorted Fruit Juice Manager's Choice Fruit Milk</p>	<p>1 Strawberry Bagel Grape Juice Diced Pears Milk</p>	<p>2 Assorted Cereal Orange Juice Fresh Banana Milk</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>8 Pop Tarts Assorted Fruit Juice Manager's Choice Fruit Milk</p>	<p>9 Assorted Cereal Assorted Fruit Juice Manager's Choice Fruit Milk</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>15</p>	<p>16</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>22</p>	<p>23</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>

All options may not be available at all schools. Menu selection is subject to change at any time.
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
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