



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p>Meatloaf Sandwich Manager's Choice Entrée Seasoned Broccoli Manager's Choice Veggie Manager's Choice Fruit Milk</p> <p><b>5</b></p>	<p>Cheeseburger Manager's Choice Entrée Seasoned Spinach Manager's Choice Veggie Manager's Choice Fruit Milk</p> <p><b>6</b></p>	<p>Pizza Manager's Choice Entrée Black-eyed Peas Manager's Choice Veggie Manager's Choice Fruit Milk</p> <p><b>7</b></p>	<p>Chicken Sandwich Southwest Taco Fresh Green Salad Fresh or Stewed Tomatoes Diced Pears Fresh Fruit Milk</p> <p><b>1</b></p>	<p>Pizza Friday Crispy Fish Sandwich Fresh Baby Carrots Manager's Choice Veggie Diced Peaches Fresh Fruit Milk</p> <p><b>2</b></p>
<p>All Items will be Manager's Choice</p> <p><b>8</b></p>	<p>All Items will be Manager's Choice</p> <p><b>9</b></p>	<p>All Items will be Manager's Choice</p> <p><b>12</b></p>	<p>All Items will be Manager's Choice</p> <p><b>13</b></p>	<p>All Items will be Manager's Choice</p> <p><b>14</b></p>
<p><b>15</b></p>	<p><b>16</b></p>	<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p>
<p><b>22</b></p>	<p><b>23</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>
<p><b>29</b></p>	<p><b>30</b></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](mailto:emily.soape@onslow.k12.nc.us)

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