

Monday

Tuesday

Wednesday

Thursday

Friday



5
Meatloaf Sandwich
Seasoned Broccoli
Manager's Choice Fruit
Milk

6
Cheeseburger
Seasoned Spinach
Manager's Choice Fruit
Milk

7
Pizza
Black-eyed Peas
Manager's Choice Fruit
Milk

1
Chicken Sandwich
Fresh Green Salad
Diced Pears
Milk

2
Crispy Fish Sandwich
Manager's Choice Veggie
Diced Peaches
Milk

12

13

14

8
All Items will be
Manager's Choice

9
All Items will be
Manager's Choice

19

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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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