

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1  
Panecillo de pollo  
Salsa de manzana  
Eleccion de leche

2  
Panqueques  
Mandarinas  
Eleccion de leche

3  
Palitos de pan de arce  
Salsa de manzana  
Eleccion de leche

4  
Crunchmania  
Peras picadas  
Eleccion de leche

5  
Cereales surtidos  
Plantano fresco  
Eleccion de leche

8  
Panecillo de huevo y queso  
Salsa de manzana  
Eleccion de leche

9  
Panqueques  
Mandarinas  
Eleccion de leche

10  
Rollo de canela  
Salsa de manzana  
Eleccion de leche

11  
Muffin de frutas  
Peras picadas  
Eleccion de leche

12  
Cereales surtidos  
Plantano fresco  
Eleccion de leche

15  
Panecillo de salchicha  
Salsa de manzana  
Eleccion de leche

16  
Panqueques  
Mandarinas  
Eleccion de leche

17  
Pan Frances  
Salsa de manzana  
Eleccion de leche

18  
Bagel de fresa  
Peras picadas  
Eleccion de leche

19  
Cereales surtidos  
Plantano fresco  
Eleccion de leche

22  
Panecillo de pollo  
Salsa de manzana  
Eleccion de leche

23  
Panqueques  
Mandarinas  
Eleccion de leche

24  
Palitos de pan de arce  
Salsa de manzana  
Eleccion de leche

25  
Muffin de frutas  
Peras picadas  
Eleccion de leche

26  
Cereales surtidos  
Plantano fresco  
Eleccion de leche



30  
Panqueques  
Mandarinas  
Eleccion de leche

31  
Panecillo de salchicha  
Salsa de manzana  
Eleccion de leche

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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