

Monday

Chicken Sandwich
 Spaghetti & Meat Sauce
 Breadstick
 Green Beans
 Fresh Baby Carrots
 Mandarin Oranges
 Fresh Fruit
 Choice of Milk

1

Tuesday

Cheeseburger
 Deli Turkey Wrap
 Mixed Veggies
 Tater Tots
 Baked Apples
 Polish Ice
 Choice of Milk

2

Wednesday

Chicken Nuggets
 Sloppy Joe
 Homestyle Biscuit
 Seasoned Broccoli
 Sweet Potato Casserole
 Fruit Cocktail
 Applesauce
 Choice of Milk

3

Thursday

Southwest Taco
 Oven Fried Chicken
 Homestyle Biscuit
 Fresh Green Salad
 Buttery Corn
 Fresh Local Strawberries
 Diced Pears
 Choice of Milk

4

Friday

Pizza Friday!
 Crunchy Fish Sandwich
 Black-eyed Peas
 Creamy Coleslaw
 Diced Peaches
 Fresh Fruit
 Choice of Milk

5

Chicken Sandwich
 Steak & Cheese Wrap
 Spicy Pinto Beans
 Mixed Veggies
 Mandarin Oranges
 Fresh Fruit
 Choice of Milk

8

Cheeseburger
 BBQ Chicken
 Country Cornbread
 Buttery Corn
 Sweet Potato Fries
 Baked Apples
 Polish Ice
 Choice of Milk

9

Corn Dog Nuggets
 Mac & Cheese w/ Cheez-Its
 Seasoned Broccoli
 Black-eyed Peas
 Fruit Cocktail
 Applesauce
 Choice of Milk

10

Creamy Chicken Alfredo
 Meatloaf Sandwich
 Breadstick
 Fresh Green Salad
 Seasoned Carrots
 Frozen Strawberry Cup
 Diced Pears
 Choice of Milk

11

Pizza Friday!
 Crunchy Fish Sandwich
 Fresh Grape Tomatoes
 Creamy Coleslaw
 Diced Peaches
 Fresh Fruit
 Choice of Milk

12

Chicken Sandwich
 Spaghetti & Meat Sauce
 Breadstick
 Mixed Veggies
 Sweet Potato Casserole
 Mandarin Oranges
 Fresh Fruit
 Choice of Milk

15

Cheeseburger
 BBQ Pork Sandwich
 Baked Beans
 Creamy Coleslaw
 Baked Apples
 Polish Ice
 Choice of Milk

16

Chicken Nuggets
 Salisbury Steak w/ Gravy
 Homestyle Biscuit
 Green Beans
 Mashed Potatoes
 Fruit Cocktail
 Applesauce
 Choice of Milk

17

Southwest Taco
 Meatball Sub
 Fresh Green Salad
 Spicy Pinto Beans
 Fresh Local Strawberries
 Diced Pears
 Choice of Milk

18

Pizza Friday!
 Crunchy Fish Sandwich
 Buttery Corn
 Fresh Baby Carrots
 Apple Slices & Grapes Combo
 Diced Peaches
 Choice of Milk

19

Chicken Sandwich
 Cheese Quesadilla
 Spicy Pinto Beans
 Fresh Green Salad
 Mandarin Oranges
 Fresh Fruit
 Choice of Milk

22

Cheeseburger
 Sweet Thai Chicken
 Homestyle Biscuit
 Sweet Potato Casserole
 Seasoned Broccoli
 Diced Peaches
 Polish Ice
 Choice of Milk

23

Corn Dog Nuggets
 Sloppy Joe
 Black-eyed Peas
 Mixed Veggies
 Fruit Cocktail
 Applesauce
 Choice of Milk

24

Oven Fried Chicken
 Meatloaf Sandwich
 Country Cornbread
 Buttery Corn
 Green Beans
 Lady Alice Apples
 Diced Pears
 Choice of Milk

25

Pizza Friday!
 Crunchy Fish Sandwich
 Fresh Grape Tomatoes
 Creamy Coleslaw
 Gold Nugget Mandarin Orange
 Baked Apples
 Choice of Milk

26



29

MEMORIAL DAY

Cheeseburger
 Rib-A-Que
 Sweet Potato Fries
 Seasoned Broccoli
 Baked Apples
 Polish Ice
 Choice of Milk

30

Chicken Nuggets
 Salisbury Steak w/ Gravy
 Homestyle Biscuit
 Green Beans
 Buttery Corn
 Fruit Cocktail
 Applesauce
 Choice of Milk

31

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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