

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**1**  
Sandwich de pollo  
Judias verdes  
Mandarinas  
Eleccion de leche

**2**  
Burrito de pavo  
Patatas fritos  
Helado  
Eleccion de leche

**3**  
Trocitos de pollo  
Panecillo  
Brocoli sazonado  
Coba  
Eleccion de leche

**4**  
Taco del sodueste  
Maiz  
Fresas frescas  
Eleccion de leche

**5**  
Sandwich de pescado  
Chicharos  
Duranzo picado  
Eleccion de leche

**8**  
Burrito de bistec y queso  
Frijoles pintos  
Mandarinas  
Eleccion de leche

**9**  
Hamburguesa con queso  
Maiz  
Helado  
Eleccion de leche

**10**  
Macarrones con queso  
Brocoli sazonado  
Coba  
Eleccion de leche

**11**  
Sandwich de pastel de carne  
Zanahorias sazonadas  
Copa de fresa congelada  
Eleccion de leche

**12**  
Pizza Viernes  
Ensalada de col  
Duranzo picado  
Eleccion de leche

**15**  
Sandwich de pollo  
Veduras mixtas  
Mandarinas  
Eleccion de leche

**16**  
Hamburguesa con queso  
Frijoles al horno  
Helado  
Eleccion de leche

**17**  
Trocitos de pollo  
Pure  
Coba  
Eleccion de leche

**18**  
Taco del sodueste  
Frijoles pintos  
Fresas frescas  
Eleccion de leche

**19**  
Sandwich de pescado  
Maiz  
Duranzo picado  
Eleccion de leche

**22**  
Sandwich de pollo  
Frijoles pintos  
Mandarinas  
Eleccion de leche

**23**  
Dulce pollo tailandes  
Panecillo  
Brocoli sazonado  
Duranzo Picado  
Eleccion de leche

**24**  
Sloppy Joe  
Veduras mixtas  
Coba  
Eleccion de leche

**25**  
Pollo frito horno  
Pan de maiz  
Judias verdes  
Peras picadas  
Eleccion de leche

**26**  
Pizza Viernes  
Ensalada de col  
Manzana al horno  
Eleccion de leche



**30**  
Rib-A-Que  
Brocoli sazonado  
Helado  
Eleccion de leche

**31**  
Trocitos de pollo  
Panecillo  
Judias verdes  
Coba  
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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