

# September 2023 K-8 Lunch

Lunch Meal Prices:  
 Paid: \$2.50  
 Reduced: \$0.00  
 Non Student: A la carte prices



Milk Choices:  
 1% Plain  
 Fat Free Plain  
 Fat Free Chocolate  
 Fat Free Strawberry

Meal Benefit Applications are available throughout the school year. To complete your application online please go to [www.lunchapplication.com](http://www.lunchapplication.com) Meals can be paid in advance [HERE](#)

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 at 910-455-2211.

This institution is an equal opportunity provider and employer.

- All meat/entrees & all grain/breads will be cut into 1/4" pieces using established guidelines.
- Additional sauces and gravies can be added to increase moisture to foods.
- All vegetables will be cooked until soft & large pieces will be cut. Foods must be soft enough to mash with a fork.
- Canned fruit options can be served as is.
- Fresh bananas will be offered as a fruit option when available.
- When an acceptable vegetable option is not on the menu, a

Monday	Tuesday	Wednesday	Thursday	Friday
				1 *Chicken Fajita Taco w/ Salsa and Cheese Cups *Chicken Sandwich Seasoned Lima Beans *Maple Glazed Sweet Potatoes Strawberry Applesauce Cup Raisins Choice of Milk Whole Grain Happy Birthday Cookie
4 	5 *Pepperoni Pizza *Cheese Pizza Hot Dog w/ Chili Buttery Green Beans Steamed Seasoned Sweet Carrots Fresh Peach Mango Papaya Fruit Cup Choice of Milk	6 Chicken Tenders w/ Dutch Waffle Corn Dog Nuggets Fresh Grape Tomatoes Spicy Pinto Beans *Diced Peach Cup Mango Fruit Cup Choice of Milk	7 Chicken nuggets w/ garlic knot French Bread Pizza *Seasoned Broccoli Fresh Cucumber Slices Fruit Cocktail Asian Pear Choice of Milk	8 *Cheeseburger *Crispy Fish Sandwich Buttery Corn Steamed Seasoned Sweet Carrots Fresh Apple Slices *Diced Peach Cup Choice of Milk
11 *Lasagna Roll Ups w/ Garlic Knot *Cheeseburger Chef Salad w/ Garlic Knot *Seasoned Broccoli Buttery Corn Fresh Apple Slices Raisins Choice of Milk	12 Sweet Thai Chicken w/ Dinner Roll Corn Dog Nuggets Chef Salad w/ Dinner Roll Spicy Pinto Beans Buttery Green Beans *Diced Peach Cup **Applesauce Cup Choice of Milk	13 *BBQ Pork Sandwich *Cheese Bites Chef Salad w/ Cornbread Muffin Steamed Seasoned Sweet Carrots Homestyle Baked Beans Strawberry Applesauce Cup *Mandarin Oranges Choice of Milk	14 *Chicken Sandwich Meatloaf Sandwich Chef Salad w/ Dinner Roll *Lemon Thyme Carrots Buttery Green Beans *Diced Peach Cup Watermelon Craisins Choice of Milk	15 French Bread Pizza *Crispy Fish Sandwich Chef Salad w/ Dinner Roll Buttery Green Sweet Peas Steamed Seasoned Sweet Carrots * Applesauce Cup *Diced Peach Cup Choice of Milk
18 Chicken nuggets w/ garlic knot Beef Nachos w/ Salsa and Cheese Cups Chef Salad w/ Dinner Roll Buttery Green Beans Spicy Black Beans Fresh Apple Mango Fruit Cup Choice of Milk	19 Soft Taco w/ salsa and cheese Corn Dog Nuggets Chef Salad w/ Dinner Roll Fresh Grape Tomatoes Garden Salad Fresh Apple Slices *Diced Peach Cup Choice of Milk	20 Bagged Lunch 	21 *Cheeseburger Sweet Thai Meatballs w/ Rice Chef Salad w/ Cornbread Muffin *Seasoned Broccoli *Roasted Potatoes Asian Pear Fruit Cocktail Cup Choice of Milk	22 *Pepperoni Pizza *Cheese Pizza *Crispy Fish Sandwich Chef Salad w/ Dinner Roll Buttery Green Sweet Peas Fresh Grape Tomatoes Fresh Peach Fresh Apple Slices Choice of Milk
25 *Cheese Bites General Tso's Chicken w/ Fried Rice & Roll Chef Salad w/ Garlic Knot *Seasoned Broccoli *Stir Fry Veggies Fruit Cocktail Cup **Applesauce Cup Choice of Milk	26 *Chicken Sandwich Hot Dog w/ Chili Chef Salad w/ Dinner Roll Steamed Seasoned Sweet Carrots *Sweet Potato Casserole Fruit Cocktail Cup Mango Papaya Fruit Cup Choice of Milk	27 Baked Penne Pasta w/ Meat Sauce & Garlic Knot *BBQ Pork Sandwich Chef Salad w/ Garlic Knot *Seasoned Broccoli Mixed Veggies *Mandarin Oranges **Applesauce Cup Choice of Milk	28 *Pepperoni Pizza *Cheese Pizza Corn Dog Nuggets Chef Salad w/ Garlic Knot *Maple Glazed Sweet Potatoes Buttery Green Sweet Peas *Diced Peach Cup Mango Papaya Fruit Cup Choice of Milk	29 *Cheeseburger *Crispy Fish Sandwich Chef Salad w/ Cornbread Muffin *Black-Eyed Peas Buttery Green Beans *Diced Peach Cup Fruit Cocktail Choice of Milk

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