

ALTERNATIVE LUNCH STATEMENT

In order for a student to receive an alternative lunch, we must have a Modified Diet Request Form signed by the student's Physician. This form must be updated on a yearly basis. If you have any questions regarding specialized diets or nutrition please contact NSSEO Nutritional Services at Kgalloway@nsseo.org.

NSSEO ALLERGY-FREE LUNCH MENU (CORN FREE SC)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF HOTDOG ON GF BUN ½ cup Carrots/Bell Pepper/Tomatoes ½ cup Sweet Potatoes 1 cup Fruit Soy Milk	WALKING TACOS/SOFT SHELL TACOS (SPECIAL CHIPS) Romaine/Spinach ½ cup Veggie 1 cup Fruit Soy Milk	GF/DF CHICKEN TENDERS ½ cup 1 cup Potatoes or Corn 1 cup Fruit Soy Milk	GRILLED CHICKEN SANDWICH ½ Baked Beans/Black Beans ½ Veggie 1 cup Fruit Soy Milk	GF/DF MAC N' CHEESE ½ cup Celery/Cucumber 4oz. Dragon Juice 1 cup Fruit Soy Milk

NSSEO SOFT-LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN PASTA & MARINARA 1 cup steamed/sautéed veggie 1 cup fruit 1 cup milk	TACO PASTA 1 cup steamed/sautéed veggie 1 cup fruit 1 cup milk	PANCAKES & SAUSAGE OR EGG PATTY 1 cup steamed/sautéed veggie 1 cup fruit 1 cup milk	RAVIOLI 1 cup steamed/sautéed veggie 1 cup fruit 1 cup milk	MAC N' CHEESE 1 cup steamed/sautéed veggie 1 cup fruit 1 cup milk

NSSEO VEGETARIAN MENU (V)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PASTA AND MARINARA ½ cup Carrots/Bell Pepper/Tomatoes ½ cup Sweet Potatoes 1 cup Fruit 1 cup Milk	MOZZARELLA STICKS OR GRILLED CHEESE Romaine/Spinach ½ cup Veggie 1 cup Fruit	PANCAKES AND EGG PATTY 1 cup Potatoes or Corn 1 cup Fruit 1 cup milk	RAVIOLI ½ Baked Beans/Black Beans ½ Veggie 1 cup Fruit 1 cup milk	MAC N' CHEESE ½ cup Celery/Cucumber 4oz. Dragon Juice 1 cup Fruit 1 cup milk

NSSEO MODIFIED MENU (NO SOY, NO DAIRY)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN PASTA & MARINARA ½ cup Carrots/Bell Pepper/Tomatoes ½ cup Sweet Potatoes 1 cup Fruit 1 cup milk alt	TACO PASTA OR SOFT SHELL TACOS Romaine/Spinach ½ cup Veggie 1 cup Fruit 1 cup milk alt	FRENCH TOAST & SAUSAGE ½ cup 1 cup Potatoes or Corn 1 cup Fruit 1 cup milk alt	GRILLED CHICKEN SANDWICH ½ Baked Beans/Black Beans ½ Veggie 1 cup Fruit 1 cup milk alt	GF/DF/SF MAC n' CHEESE ½ cup Celery/Cucumber 4oz. Dragon Juice 1 cup Fruit 1 cup milk alt

IMPORTANT

Menus are subject to change last minute due to supply chain issues or things that are beyond our control. Our website may not reflect this change but we try our best to inform staff ASAP. We appreciate your understanding.



Lunch: \$4.00
 Reduced: \$0.40
 Milk: \$0.25
 Vegetarian(v)