



NSSEO STANDARD ESY MNS MENU 2024-2025



BREAKFAST #1	BREAKFAST #2	BREAKFAST #3	BREAKFAST #4	BREAKFAST #5
WG FRUIT BREAKFAST BAR or CEREAL BAR ½ cup Fruit cup/Craisins 4oz. Fruit Juice MILK	WG MUFFIN OR BAGEL & CREAM CHEESE(S) ½ cup Fruit cup/Craisins 4oz. Fruit Juice MILK	WG APPLE FRUITTER OR CINNAMON ROLL(S) ½ cup Fruit cup/Craisins 4oz. Fruit Juice MILK	POPARTACK ½ cup Fruit cup/Craisins 4oz. Fruit Juice MILK	ASSORTED CEREAL BOWL ½ cup Fruit cup/Craisins 4oz. Fruit Juice MILK

NSSEO SPECIAL ESY MNS MENU 2024-2025

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.

BREAKFAST #1	BREAKFAST #2	BREAKFAST #3
GF/DF ASSORTED CEREAL BOWL ½ cup Fruit cup/Craisins 4oz. Fruit Juice SOY MILK	GF/DF MUFFIN ½ cup Fruit cup/Craisins 4oz. Fruit Juice SOY MILK	GF/DF MUFFIN or DONUT ½ cup Fruit cup/Craisins 4oz. Fruit Juice SOY MILK

MENU INFO

Below are our MNS options. Unlike the cyclical menu, our menu options will change on a daily basis depending on inventory. Our MNS options follow the USDA meal pattern requirements: ½ cup fruit juice, ½ cup fruit, 2z whole grains, and 8oz. milk. All of our breakfast options are vegetarian (**V**). Soft (**S**) and allergy-free options are available for those with signed Physician Statements.

ADDITIONAL INFORMATION

If you have any questions regarding meal applications, nutritional information, account balances, etc. please contact Kristen Galloway (NSSEO Nutritional Coordinator) 847.485.2265 or Kgalloway@nsseo.org

MNS: \$3.00
Reduced: \$0.30
Milk: \$0.25
Vegetarian(v)

