






NSSEO STANDARD LUNCH MENU ESY 2023-2024



A

JUNE 10, 2023	JUNE 11, 2023	JUNE 12, 2023	JUNE 13, 2023	JUNE 14, 2023
CHEESE PIZZA (V) ½ cup Carrots/Bell Pepper/Tomatoes ½ cup Sweet Potatoes 1 cup Fruit Milk	WALKING TACOS ½ cup Romaine/Spinach ½ cup Veggie 1 cup Fruit Milk	MINI PANCAKE BITES 1 cup Potatoes or Corn 1 cup Fruit MILK 	BBQ (PORK) RIB SANDWICH ½ Baked Beans/Black Beans ½ Veggie 1 cup Fruit MILK 	MAC N' CHEESE ½ cup Celery/Cucumber 4oz. Dragon Juice 1 cup Fruit MILK 

B

JUNE 17, 2023	JUNE 18, 2023	JUNE 19, 2023	JUNE 20, 2023	JUNE 21, 2023
CHICKEN SANDWICH ½ cup Carrots/Bell Pepper/Tomatoes ½ cup Sweet Potatoes 1 cup Fruit Milk	SOFT SHELL TACOS ½ cup Romaine/Spinach ½ cup Veggie 1 cup Fruit Milk	NO SCHOOL CLOSED FOR HOLIDAY	CHICKEN NUGGETS & COOKIE ½ Baked Beans/Black Beans ½ Veggie 1 cup Fruit MILK	TURKEY HOTDOG & GRAHAMS ½ cup Celery/Cucumber 4oz. Dragon Juice 1 cup Fruit MILK

C

JUNE 24, 2023	JUNE 25, 2023	JUNE 26, 2023	JUNE 27, 2023	JUNE 28, 2023
BOSCO STICKS & MARINARA ½ cup Carrots/Bell Pepper/Tomatoes ½ cup Sweet Potatoes 1 cup Fruit Milk	TACO STICK ½ cup Romaine/Spinach ½ cup Veggie 1 cup Fruit Milk	CHICKEN N WAFFLES 1 cup Potatoes or Corn 1 cup Fruit MILK 	CHEESEBURGER ½ Baked Beans/Black Beans ½ Veggie 1 cup Fruit MILK	FISH STICKS AND CHIPS ½ cup Celery/Cucumber 4oz. Dragon Juice 1 cup Fruit MILK 

MENU INFO

- Choice of 1% low-fat white, and non-fat flavored milk is offered with all complete meals.
- Milk can be purchased separately.
- Menus follow USDA guidelines which includes 2oz. whole grain, 2oz. meat/meat alternative, .5 cup vegetable subgroup, and 1 cup fruit requirements.
- Additional Meals can be purchased at full price.
- Meal alternatives/Special menus are provided for students with signed Physician Statements.

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.

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

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

