



# NSSEO STANDARD LUNCH MENU 2023-2024

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| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| <b>CHEESE PIZZA (V)</b><br>½ cup Carrots/Bell Pepper/Tomatoes<br>½ cup Sweet Potatoes<br>1 cup Fruit<br>Milk     | <b>WALKING TACO</b><br>½ cup Romaine/Spinach<br>½ cup Veggie<br>1 cup Fruit<br>Milk             | <b>CHICKEN &amp; WAFFLE or FRENCH TOAST</b><br>1 cup Potatoes or Corn<br>1 cup Fruit<br>MILK   | <b>BBQ RIB SANDWICH</b><br>½ Baked Beans/Black Beans<br>½ Veggie<br>1 cup Fruit<br>MILK            | <b>MAC N' CHEESE w/ ROLL (V)</b><br>½ cup Celery/Cucumber<br>4oz. Dragon Juice<br>1 cup Fruit<br>MILK                   |
| <b>MINI PIZZA BAGEL (V)</b><br>½ cup Carrots/Bell Pepper/Tomatoes<br>½ cup Sweet Potatoes<br>1 cup Fruit<br>Milk | <b>BREADED CHICKEN SANDWICH</b><br>½ cup Romaine/Spinach<br>½ cup Veggie<br>1 cup Fruit<br>Milk | <b>WG PANCAKES OR FT STICKS &amp; SAUSAGE</b><br>1 cup Potatoes or Corn<br>1 cup Fruit<br>MILK | <b>CHICKEN NUGGET &amp; COOKIE</b><br>½ Baked Beans/Black Beans<br>½ Veggie<br>1 cup Fruit<br>MILK | <b>TURKEY HOTDOG &amp; COOKIES</b><br>½ cup Celery/Cucumber<br>4oz. Dragon Juice<br>1 cup Fruit<br>MILK                 |
| <b>BOSCO STIX (V)</b><br>½ cup Carrots/Bell Pepper/Tomatoes<br>½ cup Sweet Potatoes<br>1 cup Fruit<br>Milk       | <b>TACO STICK</b><br>½ cup Romaine/Spinach<br>½ cup Veggie<br>1 cup Fruit<br>Milk               | <b>POPCORN CHICKEN BOWL</b><br>½ cup Mashed Potatoes<br>½ Corn<br>1 cup Fruit<br>MILK          | <b>CHEESEBURGER</b><br>½ Baked Beans/Black Beans<br>½ Veggie<br>1 cup Fruit<br>MILK                | <b>PANCAKE SANDWICH Go-Gurt &amp; Goldfish (V)</b><br>½ cup Celery/Cucumber<br>4oz. Dragon Juice<br>1 cup Fruit<br>MILK |

| AUGUST  |    |    |    |    | SEPTEMBER |    |    |    |    | OCTOBER |    |    |    |    |       | NOVEMBER |    |    |    |     | DECEMBER |    |    |    |  |
|---------|----|----|----|----|-----------|----|----|----|----|---------|----|----|----|----|-------|----------|----|----|----|-----|----------|----|----|----|--|
|         |    |    | 17 | 18 |           |    |    |    | 1  | 2       | 3  | 4  | 5  | 6  |       |          | 1  | 2  | 3  |     |          |    |    | 1  |  |
| 21      | 22 | 23 | 24 | 25 | X         | 5  | 6  | 7  | 8  | X       | 10 | 11 | 12 | 13 | 6     | 7        | 8  | 9  | 10 | 4   | 5        | 6  | 7  | 8  |  |
| 28      | 29 | 30 | 31 |    | 11        | 12 | 13 | 14 | 15 | X       | 17 | 18 | 19 | 20 | 13    | 14       | 15 | 16 | 17 | 11  | 12       | 13 | 14 | 15 |  |
|         |    |    |    |    | 18        | 19 | 20 | 21 | 22 | 23      | 24 | 25 | 26 | 27 | 20    | X        | X  | X  | X  | 18  | 19       | 20 | 21 | 22 |  |
|         |    |    |    |    | X         | 26 | 27 | 28 | 29 | 30      | 31 |    |    |    | 27    | 28       | 29 | 30 |    | X   | X        | X  | X  | X  |  |
| JANUARY |    |    |    |    | FEBRUARY  |    |    |    |    | MARCH   |    |    |    |    | APRIL |          |    |    |    | MAY |          |    |    |    |  |
| X       | X  | X  | X  | X  |           |    |    | 1  | 2  |         |    |    |    | 1  | X     | 2        | 3  | 4  | 5  |     |          | 1  | 2  | 3  |  |
| X       | 9  | 10 | 11 | 12 | 5         | 6  | 7  | 8  | X  | 4       | 5  | 6  | 7  | 8  | 8     | 9        | 10 | 11 | 12 | 6   | 7        | 8  | 9  | 10 |  |
| X       | 16 | 17 | 18 | 19 | 12        | 13 | 14 | 15 | 16 | 11      | 12 | 13 | 14 | 15 | 15    | 16       | 17 | 18 | 19 | 13  | 14       | 15 | 16 | 17 |  |
| 22      | 23 | 24 | 25 | 26 | X         | 20 | 21 | 22 | 23 | 18      | 19 | 20 | 21 | 22 | 22    | 23       | 24 | 25 | 26 | 20  | 21       | 22 | 23 | 24 |  |
| 29      | 30 | 31 |    |    | 26        | 27 | 28 | 29 |    | X       | X  | X  | X  | X  | 29    | 30       |    |    |    | X   | 28       | 29 | 30 |    |  |

### IMPORTANT

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

### MENU INFO

All menu items follow the USDA requirements, 2oz grain, 2oz protein, ½ cup vegetable subgroup serving, ½ cup other vegetable serving, 1 cup fruit, and 8oz. of milk per reimbursed meal. If you have any questions regarding nutrition or allergy info, please contact our Nutrition Services at [kgalloway@nsseo.org](mailto:kgalloway@nsseo.org).

Full Price Lunch  
**\$4.00**  
 Reduced Price Lunch  
**\$0.40**  
**(V)-VEGETARIAN**