



ESY STANDARD SACK LUNCH MENU

OPTION #1	OPTION #2	OPTION #3
TURKEY, HAM, & CHEESE MEAL KIT OR PIZZA MEAL KIT (V) 1 cup veggie 1 cup fruit 1 cup milk	SUNUTTBUTTER SANDWICH (V) Yogurt/Cheese Stick 1 cup veggie 1 cup fruit 1 bag chips/graham cookies 1 cup milk	TURKEY HAM & CHEESE SANDWICH ON HAWAIIAN BREAD Yogurt/Cheese Stick 1 cup veggies 1 cup fruit 1 cup milk

ESY SOFT/ALLERGY FREE SACK LUNCH MENU

SOFT SACK LUNCH	ALLERGY-FREE SACK LUNCH
RAVIOLI CUP OR NOODLE CUP Dragon Juice Fruit Cup 1 cup milk	GF/DF SUNNUTBUTTER SANDWICH 1 cup veggie 1 cup fruit 1 cup 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

