

ESY STANDARD SACK LUNCH MENU

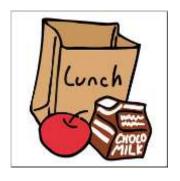
OPTION #1	OPTION #2	OPTION #3
TURKEY, HAM, & CHEESE MEAL KIT	SUNUTTBUTTER SANDWICH (V)	TURKEY HAM & CHEESE SANDWICH
OR	Yogurt/Cheese Stick	ON HAWAIIAN BREAD
PIZZA MEAL KIT (V)	1 cup veggie	Yogurt/Cheese Stick
1 cup veggie	1 cup fruit	1 cup veggies
1 cup fruit	1 bag chips/graham cookies	1 cup fruit
1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

ESY SOFT/ALLERGY FREE SACK LUNCH MENU

SOFT SACK LUNCH	ALLERGY-FREE SACK LUNCH
RAVIOLI CUP OR NOODLE CUP	GF/DF SUNNUTBUTTER SANDWICH
Dragon Juice	1 cup veggie
Fruit Cup	1 cup fruit
1 cup milk	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 contacts Kristen Galloway (NSSEO Nutritional Coordinator) 847.485.2265 or Kgalloway@nsseo.org