



NSSEO STANDARD MNS MENU 2023-2024

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).

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 ½ cup Fruit cup/Craisins 4oz. Fruit Juice MILK	WG APPLE FRUITTER OR CINNAMON ROLL ½ cup Fruit cup/Craisins 4oz. Fruit Juice MILK	POPTART PACK ½ cup Fruit cup/Craisins 4oz. Fruit Juice MILK	ASSORTED CEREAL BOWL ½ cup Fruit cup/Craisins 4oz. Fruit Juice MILK



NSSEO ALLERGY-FREE MNS MENU 2023-2024

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