



NSSEO ALLERGY-FREE LUNCH 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF HOTDOG ON BUN ½ cup Carrots/Bell Pepper/Tomatoes ½ cup Sweet Potatoes 1 cup Fruit Soy Milk	WALKING TACOS Romaine/Spinach ½ cup Veggie 1 cup Fruit Soy Milk	GLUTEN-FREE & DAIRY-FREE CHICKEN TENDERS ½ cup 1 cup Potatoes or Corn 1 cup Fruit Soy Milk	HAMBURGER OR GRILLED CHICKEN ON GLUTEN-FREE BUN ½ Baked Beans/Black Beans ½ Veggie 1 cup Fruit Soy Milk	GLUTEN-FREE & DAIR MAC N' CHEESE ½ cup Celery/Cucumber 4oz. Dragon Juice 1 cup Fruit Soy Milk

NSSEO SOFT-LUNCH MENU 2023-2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN & PASTA W/ MARINARA ½ Sweet Potatoes ½ Steamed Veggie 1 cup Fruit MILK	TACO PASTA 1 cup Steamed Veggie 1 cup Fruit MILK	PANCAKES or FRENCH TOAST & SAUSAGE 1 cup Steamed Veggie 1 cup Fruit MILK	RAVIOLI OR LASAGNA 1 cup Baked Beans 1 cup Fruit MILK	MAC N' CHEESE 4oz. Dragon Juice ½ Steamed Veggie 1 cup Fruit MILK

NSSEO VEGETARIAN LUNCH MENU 2023-2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOZZARELLA STIX ½ cup Carrots/Bell Pepper/Tomatoes ½ cup Sweet Potatoes 1 cup Fruit MILK	VEGGIE BURGER Romaine/Spinach ½ cup Veggie 1 cup Fruit MILK	PANCAKES OR FRENCH TOAST & OMELET ½ cup 1 cup Potatoes or Corn 1 cup Fruit MILK	RAVIOLI OR LASAGNA 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

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.

Full Price Lunch

\$4.00

Reduced Price Lunch

\$0.40