

## Daily Offerings

Made to order Deli Bar with Boar's Head Cold Cuts

- BBQ Honey Chicken, Buffalo Chicken, Oven Roasted Turkey and Ham (P) on a WG Roll, WG Wrap or Flat Bread
- Made to order Salads
- Plain or Spicy Chicken Patty on (WG) Bun
- Cheese or Pepperoni(P) Pizza
- Bagel Lunch with Yogurt Cups or String Cheese
- Homemade Yogurt Parfait
- Homemade Smoothie

## Daily Vegetables & Fruit

- Apple, Orange and Banana
- Celery Sticks, Carrot Sticks & Romaine side Salad
- 1% Whole Milk, Fat Free Chocolate & Fat Free White ( Milk is included with all meals)



# September 2024

## Seaford High School LUNCH MENU

MON	TUES	WED	THURS	FRI
	<b>Brunch for Lunch</b> French Toast Bites Chicken Sausage Sweet Potato Fries Apple	Homemade Macaroni & Cheese WG Dinner Roll Sautéed Zucchini Pear	<b>National Cheese Pizza Day</b> Steam Spinach Banana	All- Natural Chicken Tenders Sautéed Carrots WG Dinner Roll Watermelon
BBQ Chicken Calzone BBQ Vegetarian Beans Cantaloupe	Soft Chicken Tacos Diced Tomatoes, Shredded Lettuce, Tomato Salsa & Sour Cream, Baked Black Beans Roasted Corn, Grapes	<b>Waffle Wednesday</b> WG Confetti Waffles Turkey Sausage Glazed Carrots Blueberries	Penne Pasta w/Chicken Meatballs & Tomato Sauce French Fries Sauté Broccoli Apple	Cheese Or BBQ Chicken Pizza Steamed Green Beans Honeydew
Garlic Chili Chicken Lo Mein Sautéed Broccoli Blueberries	Burrito Bar Seasoned Chicken, Soft Tortilla or Rice Bowl, Cheddar Cheese, Tomato Salsa & Sour Cream Black Beans Pineapple	<b>Brunch for Lunch</b> WG French Toast Sticks Turkey Sausage Roasted Butternut Squash Honeydew	Spicy Pepperoni(P) & Pepper Calzone Steamed Corn Banana	Cheese or Broccoli and Pepper Pizza Steamed Carrots Orange
Chicken & Spinach Calzone Tater Tots Steamed Broccoli Pear	Chicken Nachos WG Corn Nacho Chips Melted Cheddar Cheese, Brown Rice, Tomato Salsa & Sour Cream, Rice Pinto Beans Pineapple	<b>Brunch for Lunch</b> WG Waffles Chicken Sausage Cherry Tomatoes Grapes	<b>Limited Time Offer</b> Chicken Katsu Bowl WG Rice Cucumber Coins Apple	Cheese or Chicken Buffalo Pizza Red Pepper Strips Pear
Cheesy Stuffed Breadsticks Roasted Corn Strawberries				

Menus are subject to change.

Free/ Reduce: \$0.00  
Full Price: \$3.25  
Adult Price: \$5.03  
(WG) Whole Grain  
(P) Denotes items may contain pork

Menus are subject to change

All Lunches Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk



This institution is an equal opportunity provider.