

*Daily Offerings*

- Boar's Head Oven Roasted Turkey or Ham (P) with or without American Cheese on WG Sliced Bread
- Sun Butter with or without and Jelly on WG Sliced Bread
- Caesar Salad with Chicken
- Turkey Chef Salad
- Bagel Lunch with Yogurt Cup or String Cheese
- Homemade Yogurt Parfait
- Cheese Pizza

*Daily Vegetables & Fruit*

- Celery Sticks, Carrot Sticks & Romaine Salad
- Apple Juice or Fruit Punch
- 1% Whole Milk, Fat Free Chocolate & Fat Free White ( Milk is included with all meals)



# October 2024

## Seaford Elementary Schools

### LUNCH MENU

MON	TUES	WED	THURS	FRI
	1 Homemade Macaroni & Cheese w/ Dinner Roll Sautéed Broccoli Orange Wedges	2 WG French Toast Sticks Turkey Sausage Cucumber Coins Apple Slices	3 School Closed	4 School Closed
7 Grilled Cheese Sandwich on WG Sliced Bread Roasted Broccoli Orange Wedges	8 Chicken Nachos w/ Cheese Sauce, Salsa & Sour Cream BBQ Vegetarian Beans Pineapple	9 WG Waffles Chicken Sausage Sautéed Zucchini Banana	10 BBQ Boneless Chicken Roasted Sweet Potatoes Cantaloupe	11 <b>Sausage Pizza Day</b> Sausage (P) or Cheese Pizza Sautéed Carrots Honeydew
14 School Closed	15 Soft Chicken Tacos Shredded Cheese & Lettuce, Sour Cream & Salsa Roasted Black Bean, Banana	16 WG Confetti Waffles Turkey Sausage Steamed Spinach Strawberries	17 Cheese or Plain Beef Burger Tater Tots Orange Wedges	18 Pepperoni (P) Cheese Pizza Roasted Butternut Squash Pear
21 General Tso's Chicken Boneless Chicken Brown Rice Roasted Broccoli Watermelon	22 Homemade Macaroni & Cheese w/ WG Dinner Roll Cucumber Coins Apple Slices	23 WG French Toast Sticks Chicken Sausage Tater Tots Pear	24 Breaded Chicken on a WG Bun Baked Vegetarian Beans Orange Wedges	25 BBQ Chicken Pizza or Cheese Pizza Roasted Sweet Potatoes Banana
28 Pizza Crunchers Sautéed Corn Blueberries	29 Penne Pasta w/Chicken Meatballs & Marinara Sauce Steamed Broccoli Watermelon	30 WG Confetti Waffles Turkey Sausage Baked Vegetarian Beans Orange Wedges	31 Fish Sticks Steamed Zucchini Apple Slices	

**Menus are subject to change**

Free/ Reduce: \$0.00  
 Full Price: \$3.00  
 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.

