

## 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 Cup 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 Whipped Cream



# October 2024 Seaford High School LUNCH MENU

MON	TUES	WED	THURS	FRI
	1 Spicy Pepperoni(P) & Pepper Calzone Sautéed Broccoli Sliced Watermelon	2 WG French Toast Sticks Turkey Sausage Cucumber Coins Apple	3 School Closed	4 School Closed
7 General Tso's Boneless Chicken w/ Brown Rice Steamed Corn Cantaloupe	8 Chicken Nachos w/ Cheese Sauce, Salsa & Sour Cream BBQ Vegetarian Beans Pineapple	9 WG Waffles Chicken Sausage Sautéed Zucchini Banana	10 Spicy Pepperoni(P) & Pepper Calzone Roasted Sweet Potatoes Orange	11 <b>Sausage Pizza Day</b> Sausage (P) or Cheese Pizza Sautéed Spinach Honeydew
14 School Closed	15 Soft Chicken Tacos Shredded Cheese & Lettuce, Sour Cream & Salsa Roasted Black Bean, Banana	16 Penne & Chicken Meatballs w/ a Bread Stick Roasted Carrots Apple	17 Buffalo Chicken Drumstick Mashed Potatoes Orange	18 BBQ Chicken or Cheese Pizza Roasted Broccoli Pear
21 Chicken & Spinach Calzone Roasted Butternut Squash Pear	22 Homemade Macaroni & Cheese, WG Dinner Roll Celery Apple	23 BBQ Boneless Chicken Brown Rice Steamed Broccoli Grapes	24 <b>Limited Time Offer</b> Cheesy Chorizo Enchilada Baked Vegetarian Beans Banana	25 Buffalo Chicken or Cheese Pizza Tater Tots Orange
28 Teriyaki Chicken & Vegetable Dumplings w/ Brown Rice Sautéed Corn Blueberries	29 BBQ Chicken & Cheddar Cheese Calzone Steamed Spinach Watermelon	30 WG Confetti Waffles Turkey Sausage Cherry Tomatoes Strawberries	31 Chicken Meatball Sub Sliced Green Peppers Banana	

**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.