

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 Sliced Bread, WG Roll or WG Wrap
- 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 White (Milk is included with all meals)



October 2024 Seaford Middle 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 Sausage Pizza Day 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 Limited Time Offer 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.