

This institution is an equal opportunity provider.

DECEMBER 2019 Lunch Menu

Seabrook School District
Abigail Kaplan, School Nutrition Director

Lunch Meal Prices: \$2.00, Reduced \$0.40
Alternate meals offered daily: Chef's Choice Sandwich or yogurt with choice of sides.
1% white milk or fat-free flavored milk are offered daily to students.

Monday

Cheese Quesadilla
Steamed Broccoli
Pineapple Tidbits

2

Tuesday

French Toast Sticks
Chicken Sausage
Hash-Browns
Fresh Apples

3

Wednesday

Oven Baked Fish Sticks
Baked French Fries
Fresh Carrot Coins
Orange Smiles

4

Thursday

BBQ Pulled Chicken on
WG Bun
Vegetarian Baked Beans
Mandarin Oranges

5

Friday

Whole Grain Pizza
Choices include: cheese or
chef's choice
Cucumber Spears
Fresh Garden Salad
Cinnamon Apples

6

Whole Grain Cheese Pizza
Three Bean Salad
Cucumber Rounds
Fresh Apples

9

Tasteful Tuesday!
Loaded Baked Potato Soup
Turkey and Cheese on WG
Pretzel Roll
Steamed Broccoli
Cinnamon Pears

10

Chicken Tenders with
variety of dipping sauces
Seasoned Pasta
Cucumber Rounds
Mandarin Oranges

11

Oven Roasted Turkey with
Gravy
Mashed Potatoes
Warm WG Dinner Roll
Fresh Carrot Coins
Fruit Inspired Dessert

12

Whole Grain Pizza
Choices include: cheese or
chef's choice
Baked French Fries
Mixed Fruit

13

Grilled Cheese
Tomato soup
Steamed Broccoli
Fresh Apples

16

Assortment
of Deli Sandwiches
Lettuce, Tomato Slices
Homemade Potato Salad
Fresh Apples

17

Build your own pasta dish
WG pasta with choice of sauce
(alfredo or tomato), meat
(chicken or meatballs) and
vegetables
Orange Smiles

18

Chicken Nuggets
WG Pasta Salad
Cucumber Rounds
Three Bean Salad
Cinnamon Apples

19

Ultimate Chef's Choice of
the Student's Favorite
Meals!
Assortment of Vegetables
Variety of Fruit

20

No School

23

No School

24

No School

25

No School

26

No School

27

No School

30

No School

31



We are proud to participate in the global movement of Meatless Monday by having every Monday's meal choice be meat free.

Assortments of vegetables and/or bean salads are offered daily to students on our salad bar.

Menu subject to change.