

This institution is an equal opportunity provider.

NOVEMBER 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

Tuesday

Wednesday

Thursday

Friday

4
Mozzarella Sticks
Homemade Marinara Sauce
Homemade Vegetable Soup
Fresh Carrot Coins
Mixed Fruit

5
Tasteful Tuesday:
Sweet Chili with Cheddar Cheese
Grilled Cheese Sandwich
Fresh Green Beans
Fresh Apples

6
Oven Baked Chicken
Goopy Macaroni and Cheese
Cucumber Rounds
Sliced Peaches

7
Shepherd's Pie: mashed potatoes, corn, seasoned beef, gravy
Or Turkey and Cheese on WG Roll
Fresh Pepper Slices
Orange Smiles

1
Whole Grain Pizza
Choices Include: Cheese or Chef's Choice
Cucumber Spears
Fresh Spinach Salad
Cinnamon Pears

8
Whole Grain Pizza
Choices Include: Cheese or Chef's Choice
Fresh Spinach Salad
Fresh Apples
Ice Cream Square

11
No School!

12
Chicken Nuggets
Seasoned Pasta
Fresh Carrot Coins
Fresh Apples

13
Hot Dogs on WG Bun
Vegetarian Baked Beans
Fresh Green Beans
Mandarin Oranges

14
Whole Grain Cheese Pizza
Fresh Carrot Coins
Cucumber Rounds
Mixed Fruit

15
Thanksgiving Meal!
Oven Roasted Turkey with Gravy
Mashed Potatoes
Homemade Yeast Rolls
Cranberry Sauce, Seasoned Squash
Autumn Kale Salad
Homemade apple crisp

18
Stuffed Crust WG Cheese Pizza
Cucumber Rounds
Fresh Carrot Coins
Mixed Fruit

19
Tasteful Tuesday:
Walking Tacos –shredded lettuce, diced tomatoes, corn salsa, homemade pico de gallo, cheese sauce, seasoned beef
Brown Rice
Pineapple Tidbits

20
No School!

21
WG Pasta with Meatballs
Garlic Knots
Cucumber Rounds
Orange Smiles

22
Crispy Chicken Patty
On WG Bun
Lettuce, Tomato
Fresh Green Beans
Fresh Apples

25
Minestrone Soup
Grilled Cheese Sandwich
Cucumber Rounds
Sliced Peaches

26
Homemade Sloppy Joe
Or
Turkey and Cheese on WG Roll
Fresh Carrot Coins
Cinnamon Applesauce

27
No School!

28
No School!

29
No School!

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.

