

SEEM Collaborative LUNCH

November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Asian Chicken Seasoned Rice Fresh Stir Fry Pineapple Fortune cookie	2 Sal's WG Pizza Caesar Salad Fresh Fruit
5 WG French Toast sticks with Syrup Sausage links Hash brown 100% Juice	6 NO SCHOOL	7 Chicken Parm with a Side of Pasta & Sauce Garlic Bread Green Beans Orange wedges	8 Soft or Hard Taco Seasoned meat Shredded Cheese lettuce, tomato & Salsa Brown Rice Refried Beans Pineapple	9 WG Stuffed Crust Pizza Baby carrots with LF Dip Pears
12 NO SCHOOL	13 Hot dog on a WW roll Baked Beans Tater tots Applesauce with Cinnamon	14 Meatball Sub on a WW Roll RF Cape Cod Chips Celery Sticks with LF Dip Fresh Fruit	15 Gobble Gobble Day Roast Turkey with Gravy WW Roll Whipped Potatoes Carrots Cranberry Sauce	16 WG Individual Pizza Tossed Salad with Spinach 100% Frozen Juice cup
19 Hamburger or Cheeseburger on a WW Roll Oven Fries 3 Bean Salad Apple slices	20 Rotisserie Chicken WG Biscuit Baked Potato Broccoli Peaches	21 Early Release Bee Be Only Assorted Subs on a WG Roll RF Cape Cod Chips Baby Carrots Fresh Fruit	22 NO SCHOOL	23 NO SCHOOL
26 Chicken Patty on a WW Roll Corn nibblets Mixed fruit	27 WG Mac & Cheese French Bread Broccoli Pears	28 Ultimate Nachos Seasoned Meat Cheese sauce Lettuce & Tomato Black Bean Salsa Pineapple	29 Chicken Nuggets WW Roll Whipped Potato Carrots Strawberries	30 WG Pizza Slice Tossed Salad with LF Dressing Orange wedges

USDS is an equal opportunity provider and employer

Available Daily – Assorted lowfat & nonfat milk Assorted Fresh Fruit Side Caesar salad Side of baby carrots.
Assorted sandwiches – Tuna, Egg salad, Ham & Cheese, Turkey & Cheese, PB & Jelly and PB & Fluff.

Lunches Include – Main dish or alternate choice Veg, Fruit, and milk - \$3.00

Milk only \$.50

Menu subject to occasional change

Proud to participate in the farm to school program

SEEM Collaborative – Breakfast NOV. 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	2 Bacon, egg & Cheese on a WG Croissant Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
5 No School	6 WG Pancakes with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	7 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	8 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	9 Breakfast Burrito Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
12 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	13 WG French Toast with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	14 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	15 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	16 Ham, egg & Cheese on a WW English Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
19 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	20 WG Waffles with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	21 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	22 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	23 Breakfast Burrito Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
26 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	27 WG Pancakes with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	28 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	29 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	30 Bacon, egg & Cheese on a WG Croissant Assorted WG Cereal Assorted Fresh Fruit or 100% Juice

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Milk/Juice .50
Breakfast meal - \$1.50
- \$2.00

Available Daily - Assorted Skim Milk, Assorted Fresh Fruit,
Assorted WG Cereals, Assorted WG Muffins, WG Bagel Adult meal
with lite cream cheese, Cheese stick, Yogurt