

SEEM Collaborative LUNCH

February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Superbowl Sal's WG Pizza Superbowl of greens Atlanta Apple Cookie
4 Hamburger or Cheeseburger on a WW Roll Oven Fries 3 Bean Salad Apple slices	5 Chinese New Year Teriyaki Chicken Asian Brown Rice Stir Fry Veggies Pineapple Fortune Cookie	6 Early Release Assorted Sandwiches on French Roll RF Chips Baby Carrots Dried Fruit	7 BBQ Chicken WW Roll Baked Potato Mixed Veggies Cranberry sauce	8 WG Stuffed Crust Pizza Caesar Salad Pears
11 Meatball Sub on a WW Roll Seasoned Wedges Applesauce with Cinnamon	12 Fishsticks & WG Mac & Cheese Green Beans Mixed Fruit	13 Soft or Hard Taco Seasoned meat Shredded Cheese Lettuce & Tomato Black Bean Salsa Brown Rice Pineapple	14 Valentines Day Chicken Nuggets WW Roll Whipped Potatoes Carrots Strawberries Cookie	15 WG Pizza Slice Baby Carrots with LF Dip Fresh Fruit
18	19	20	21	22
<h1 style="font-size: 2em;">February Vacation</h1>				
25 Chicken Patty on a WW Roll Corn nibblets Peaches	26 Steak & Cheese on a WW Sub Roll Spudsters 3 Bean Salad Pears	27 National Strawberry month WG French Toast sticks with Syrup Sausage links Roasted Homefries Strawberries	28 Roast Turkey with Gravy WW Roll Whipped Potatoes Butternut squash Cranberry sauce	1 WG Sal's Pizza Tossed Salad with fresh Spinach Fresh Fruit

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 FEB. 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Ham, Egg & Cheese on a WG Croissant Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
4 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	5 WG French Toast with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	6 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	7 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	8 Breakfast Burrito Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
11 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	12 WG Waffles with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	13 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	14 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	15 Bacon, Egg & Cheese on a WW English Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
18	19	20	21	22
<h2 style="font-size: 2em;">February Vacation</h2>				
25 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	26 WG Pancakes with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	27 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	28 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	1 Ham, 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