

# SEEM Collaborative LUNCH

## MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken nuggets WW Roll Whipped Potatoes Carrots Pears	2 WG Mac & Cheese French Bread Green Beans 100% Frozen Juice cup	3  Sal's WG Pizza Tossed Salad with Spinach Peaches
6 LS LF Mozzarella Sticks with Marinara WG Garlic Breadstick Green Beans Mixed Fruit	7 Cinco De Mayo Ultimate Nacho Seasoned Meat Cheese sauce Lettuce, Tomato & Salsa Refried Beans Brown Rice Orange wedges	8 WG French Toast sticks with Syrup Jones Light Sausage Hash browns 100% Juice	9 <b>National BBQ Month</b> BBQ Chicken Whipped Potato Coleslaw Strawberry Shortcake	10  WG Individual Pizza Caesar Salad Fresh Fruit
13 Steak & Cheese on a WW Roll Spudsters Mixed Fruit	14 Crunchy Chicken Caesar Wrap 3 Bean Salad RF Doritos Appleslices with topping	15 <b>Early Release</b> Assorted WG Subs on French Roll Baby Carrots Applesauce	16 Chicken Nuggets WW Roll Whipped Potatoes Roasted Broccoli Watermelon	17 WG Stuffed Crust Pizza Tossed Salad Pears
20  Chicken Patty Or Spicy Chicken Patty on a WW Roll Corn Nibbles Peaches	21 Meatball Sub on a WW Roll Sidewinder fries 100% Frozen Juice cup	22 WG French Toast sticks with Syrup Sausage links Hash browns Strawberries	23 Roast turkey with gravy WW Roll Whipped Potato Butternut Squash Cranberry sauce	24 WG Calzones Tossed salad Appleslices with Cinnamon
27  NO SCHOOL	28 <b>National Hamburger Day</b> Hamburger or Cheeseburger on a WW Roll Oven Fries Pears	29 <b>National Strawberry Month</b> Chicken Parm. On a WG Roll Side Caesar Salad Strawberries with topping	30 Chicken Fajitas on WW Tortilla with Peppers & Onions Black Bean Salsa Pineapples	31 WG Stuffed Crust Pizza Baby Carrots with LF Dip 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 May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	<b>2</b> 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	<b>3</b> Bacon, Egg & Cheese on a WG Croissant Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
<b>6</b> WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	<b>7</b> WG French Toast with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	<b>8</b> Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	<b>9</b> 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	<b>10</b> Breakfast Burrito Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
<b>13</b> WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	<b>14</b> WG Waffles Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	<b>15</b> Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	<b>16</b> 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	<b>17</b> Bacon, Egg & Cheese on a WG English Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
<b>20</b> WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	<b>21</b> WG Pancakes with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	<b>22</b> Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	<b>23</b> 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	<b>24</b> Ham, Egg & Cheese on a WG Croissant Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
<b>27</b>  NO SCHOOL	<b>28</b> WG French Toast with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	<b>29</b> Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	<b>30</b> 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	<b>31</b> Breakfast Burrito Assorted WG Cereal Assorted Fresh Fruit or 100% Juice

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Milk/Juice .50  
Breakfast meal - \$1.75  
- \$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