

SEEM Collaborative LUNCH

July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chicken Caesar Wrap 3 Bean Salad 100% Juice</p> <p style="text-align: center;">Beebe</p> <p>WG French Toast sticks with Syrup Sausage links Hash browns 100% Juice</p>	<p>2</p> <p>Ham & Cheese on A WG Croissant Baby carrots with LF Dip Peaches</p> <p style="text-align: center;">Beebe</p> <p>Warm Ham & Cheese on a WG Croissant Oven Fries Peaches</p>	<p>3</p> <p>Chicken Salad on a WG Roll Lettuce & Tomato RF Chips Celery Sticks Mixed Fruit</p> <p style="text-align: center;">Beebe</p> <p>Chicken nuggets WW Roll Whipped Potatoes Carrots Mixed Fruit</p>	<p>4</p> <p style="text-align: center;">No Lunches</p>	<p>5</p> <p style="text-align: center;">No Lunches</p>
<p>8</p> <p>Buffalo Chicken Wrap Baby Carrots with LF Dip Applesauce with cinnamon</p> <p style="text-align: center;">Beebe</p> <p>Hot Dog on a WW Roll Baked Beans Tater Tots Applesauce with Cinnamon</p>	<p>9</p> <p>Roast beef & Cheese on a WG Roll WG Pasta Salad Strawberries</p> <p style="text-align: center;">Beebe</p> <p>Chicken Fingers Whipped Potato Carrots Strawberries</p>	<p>10</p> <p>Italian Subs on WW Roll Lettuce & Tomato RF Chips Celery Sticks Pineapple</p> <p style="text-align: center;">Beebe</p> <p>WG Pasta with Sauce & Meatballs Garlic Bread Green Beans Pineapples</p>	<p>11</p> <p>Turkey Salad on a WG Croissant 3 Bean salad Fresh fruit</p> <p style="text-align: center;">Beebe</p> <p>WG Pizza Caesar Salad Fresh Fruit</p>	<p>12</p> <p style="text-align: center;">No Lunches</p>

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 LUNCH

JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15</p> <p>Tuna Salad on a WW Roll Baby Carrots Apple slices with cinnamon</p> <p style="text-align: center;">Beebe</p> <p>Steak & Cheese on a WW Roll Oven Fries Apple slices with cinnamon</p>	<p>16</p> <p>Turkey & Cheese on a WG French Roll lettuce & tomato RF Chips 3 Bean Salad</p> <p style="text-align: center;">Beebe</p> <p>Turkey with gravy WW Roll Whipped Potato Carrots Cranberry sauce</p>	<p>17</p> <p>Chicken Fingers on a WG Roll Lettuce & Tomato Tossed Salad Peaches</p> <p style="text-align: center;">Beebe</p> <p>Chicken Parm. with a side of Pasta and sauce Green Beans Peaches</p>	<p>18</p> <p>Ham & Cheese on a WG Croissant Celery Sticks Fresh Fruit</p> <p style="text-align: center;">Beebe</p> <p>WG Individual Pizza Caesar Salad Fresh Fruit</p>	<p>19</p>
<p>22</p> <p>Turkey Salad on a WW Roll Baby Carrots Pears</p> <p style="text-align: center;">Beebe</p> <p>Hamburger or Cheeseburger on a WW Roll Oven Fries Pears</p>	<p>23</p> <p>Italian Subs Lettuce & Tomato RF Chips Tossed Salad Fruit</p> <p style="text-align: center;">Beebe</p> <p>Popcorn Chicken WW Roll Whipped Potatoes Broccoli Fruit</p>	<p>24</p> <p>Buffalo Chicken Wrap Celery Sticks Pineapple</p> <p style="text-align: center;">Beebe</p> <p>Ultimate Nacho Seasoned Meat Cheese sauce Lettuce, Tomato & Salsa Refried Beans Brown Rice Pineapples</p>	<p>25</p> <p>Chicken Salad on a WG Croissant Fresh Veggies Strawberries</p> <p style="text-align: center;">Beebe</p> <p>LS LF Mozzarella Sticks with Marinara WG Breadstick Peas Strawberries</p>	<p>26</p>
<p>29</p> <p style="text-align: center;">Beebe</p> <p>Chicken Patty on a WW Roll Corn Nibbles Mixed Peaches</p>	<p>30</p> <p style="text-align: center;">Beebe</p> <p>Meatball Sub on a WW Roll Oven Fries Pears</p>	<p>31</p> <p style="text-align: center;">Beebe</p> <p>Hard or Soft Taco Seasoned Meat Shredded Cheese Lettuce tomato & Salsa Brown rice Refried Beans Pineapples</p>	<p>1</p> <p style="text-align: center;">Beebe</p> <p>American Chop Suey Garlic Bread Green Beans Peaches</p>	<p>2</p>

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Milk only \$.50

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SEEM Collaborative – Breakfast July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	2 WG Waffles with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	3 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	4 No School	5 No School
8 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	9 WG Pancakes Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	10 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	11 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	12 No School
15 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	16 WG French toast Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	17 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	18 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	19 No School
22 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	23 WG Waffles with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	24 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	25 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	26 No School
29 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	30 WG Pancakes Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	31 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	1 4 oz Yogurt 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