

SEEM Collaborative LUNCH

OCT. 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Chicken Patty on a WW roll Corn Nibbles Pears	1 LS LF Mozzarella Sticks with Marinara WG Garlic Breadstick Sweet Peas Strawberries with topping	2 American Chop Suey Garlic Bread Green Beans Fresh Apple	3 Chicken Nuggets WW Roll Whipped Potatoes Carrots Pears	4 WG Pizza Slice Smile Fries Orange Smiles
7 Hamburger or Cheeseburger on a WW Roll Oven Fries Applesauce	8 Chicken Parm & WG Pasta Garlic bread Broccoli Frozen 100% Juice cup	9 WG French Toast sticks with Syrup Sausage links Seasoned home fries 100% Juice	10 Hard or Soft Taco Seasoned meat Shredded Cheese Lettuce Tomato Black Bean Salsa Brown Rice Pineapple	11 WG Stuffed Crust Pizza Caesar Salad Fresh Fruit
14 NO SCHOOL	15 Steak & Cheese on a WW Roll Spicy Curly Fries 3 Bean salad Peaches	16 Rotisserie Chicken WW Roll Baked Potato Farm Fresh Corn on the	17 National Pasta Day WG Pasta and sauce with meatballs Garlic Bread Sweet Peas Orange wedges	18 WG Individual Pizza Celery Sticks with LF Dip Fresh Fruit
21 Chicken Tenders on a WW roll Corn Nibbles Pears	22 Hot Dog on a WW Roll Tater Tots Baked Beans Applesauce with cinnamon	23 Early Release Assorted Subs on WG French Roll RF Cape Cod Chips Baby Carrots with LF dip Raisins	24 Teriyaki Chicken Brown Rice Fresh Stir Fry Veggies Pineapple Fortune cookie	25 Calzones Caesar Salad 100% Frozen Juice cup
28 Meatballs on a WW Sub Roll Side Salad Oranges	29 Ultimate Nachos Seasoned Meat Cheese sauce Lettuce & Tomatoes Brown Rice Refried Beans Salsa Pineapples	30 LS Chicken Noodle Soup Toasted Cheese or Toasted Ham & Cheese on Multigrain Bread Spudsters Fresh Apple	31 HALLOWEEN Chicken Nuggets WW Roll Whipped Potatoes Green Beans Fresh Fruit	1 WG Sal's Pizza Fresh veggie cup Mixed Fruit

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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.

Milk only \$.50

Menu subject to occasional change

Proud to participate in the farm to school program

SEEM Collaborative – Breakfast Oct. 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	4 Bacon, Egg & Cheese on a WG Croissant Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
7 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	8 WG Waffles Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	9 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	10 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	11 Breakfast Burrito Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
14 NO SCHOOL	15 WG Pancakes with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	16 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	17 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	18 Ham, Egg & Cheese on a WG Bagel Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
21 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	22 WG French Toast with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	23 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	24 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	25 Bacon, Egg & Cheese on a WG English Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
28 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	29 WG Waffles with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	30 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	31 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	

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