

# SEEM Collaborative LUNCH

## Feb. 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Hot Dog on a WW Roll Baked Beans Tater Tots Fruit	2  WG French Toast sticks with Syrup Sausage Hashbrown 100% Juice	3  Ham & Cheese on a WG Croissant Baby carrots RF Cape Cod Chips Fruit	4  WG Tortilla Chips Seasoned Meat Cheese Sauce Lettuce, Tomato & Salsa Brown Rice Fruit	5  WG Pizza Slice Celery Sticks Fruit
8  Toasted Cheese on WW Bread Oven Fries Fruit	9  LS LF Mozzarella Sticks Marinara Sauce WG Garlic Bread stick Steamed Veggie Fruit	10  Italian Subs on a WW Roll RF Cape Cod Chips Baby Carrots Fruit	11  Chicken nuggets WW Roll Whipped Potato Steamed Veggies Fruit	12  WG Calzones Celery Sticks Fruit Cookie
15	16	17	18	19
<h1>VACATION</h1>				
22  Chicken Patty on a WW Roll Corn Fruit	23  Steak & Cheese on a WW Roll Seasoned Wedges Fruit	24  Tuna on a WG Roll RF Cape Cod Chip Baby Carrots Fruit	25  Breaded Pork Chop WW Roll Whipped Potatoes Veggies Fruit	26  WG Pizza Slice Fresh Veggies Fruit

USDA is an equal opportunity provider and employer

All meals are free and come with lowfat milk

# SEEM Breakfast

## Feb. 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  WW Bagel with Cream Cheese Fruit Juice LF Milk	2  WG Cereal Fruit Juice LF Milk	3  WG Muffin WG Graham Cracker Fruit Juice LF Milk	4  WG Breakfast Bread Fruit Juice LF Milk	5  WG Poptart or WG Cereal Bar WG Graham cracker Fruit Juice LF Milk
8  WG Cinnamon roll Fruit Juice LF Milk	9  WG Muffin WG Graham Cracker Fruit Juice LF Milk	10  WW Bagel with Cream Cheese Fruit Juice LF Milk	11  WG Cereal Fruit Juice LF Milk	12  WG Breakfast Bread Fruit Juice LF Milk
15	16	17	18	19
<h1 style="font-size: 2em;">VACATION</h1>				
22  WG Poptart or WG Cereal Bar WG Graham cracker Fruit Juice LF Milk	23  WW Bagel with Cream Cheese Fruit Juice LF Milk	24  WG Cinnamon roll Fruit Juice LF Milk	25  WG Muffin WG Graham cracker Juice LF Milk	26  WG Cereal Fruit Juice LF Milk

GF Breakfast  
provided daily

All meals are free

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