

SEEM Collaborative LUNCH

Oct 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 WG Stuffed Crust Pizza Celery Stick w/LF Dip Fruit
4 Meatballs & Sauce on WG Roll Seasoned Wedges Pears	5 WG French Toast Sticks w/Syrup Sausage Links Hash Browns 100% Juice	6 Chicken Caesar Wrap RF Chips Baby Carrots Fruit	7 WG Chicken Nuggets WW Roll Whipped Potatoes Steamed Veggie Peaches	8 WG Pizza Slice Tossed Salad w/LF Dip Strawberry
11 Indigenous Peoples Day (No School)	12 Chicken Patty on WG Roll Corn Nibbles Mixed Fruit	13 Hot Dog on a WG Roll Tater Tots Baked Beans Oranges	14 Rotisserie Chicken WW Roll Whipped Potatoes Steamed Veggie Apple Crisp	15 WG French Bread Pizza Fresh Fruit
18 LS LF Mozzarella Sticks w/Marinara Sauce WG Garlic Breadstick Steamed Peas Peaches	19 LS Soup WW Toasted Cheese Oven Fries Mixed Fruit	20 Early Release Ham & Cheese Croissant RF Chips Apple	21 Asian Orange Chicken Asian Seasoned Brown Rice Fresh Stir Fry Veggies Pineapples Fortune Cookie	22 WG Calzones Caesar Salad Pears

<p>25</p> <p>Hamburger Cheeseburger on WG Roll Oven Fries Fresh Apple</p>	<p>26</p> <p>Lazy Chicken Pot Pie w/Peas & Carrots WG Biscuit Whipped Potatoes Cranberry Sauce</p>	<p>27</p> <p>Chicken Parm w/WG Pasta & Sauce Garlic Bread Broccoli Mixed Fruit</p>	<p>28</p> <p>Ultimate Nachos Seasoned Meat, Cheese Sauce, Lettuce, Tomato Blk Bean Salsa Brown Rice Pineapples</p>	<p>29</p> <p>Happy Halloween WG Scary Sal's Pizza Creepy Carrots Kooky Cookie Frankenstein Fruit</p>
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USDA is an equal opportunity provider and employer

All meals are served with Low Fat Milk, Fruit or 100% Juice & Vegetables.

Available Daily – Assorted Skim Milk, Assorted Fresh Fruit, Assorted WG Cereals, Assorted WG Muffins, WG Bagel with lite cream cheese, Cheese stick, Yogurt

**SEEM
Breakfast**

Oct. 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 WB Poptart WG Graham Crackers Fruit Juice
4 WG Cereal Fruit Juice	5 WG Bagel w/Cream Cheese Fruit Juice	6 WG Muffin WG Graham Crackers Fruit Juice	7 WG Cinnamon Roll Fruit Juice	8 WG Cereal Bar WG Graham Crackers Fruit Juice
11 Indigenous Peoples Day (No School)	12 WG Cereal Bar WG Graham Crackers Fruit Juice	13 WG Muffin WG Graham Crackers Fruit Juice	14 WG Bagel w/Cream Cheese Fruit Juice	15 WG Cinnamon Roll Fruit Juice

**GF Breakfast
provided daily**

**All meals are free
w/LF Milk**

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**SEEM
Breakfast**

Oct. 2021

<p>18</p> <p>WG Poptart WG Graham Crackers Fruit Juice</p>	<p>19</p> <p>WG Muffin WG Graham Crackers Fruit Juice</p>	<p>20</p> <p>WG Bagel w/Cream Cheese Fruit Juice</p>	<p>21</p> <p>WG Cinnamon Roll Fruit Juice</p>	<p>22</p> <p>WG Cereal Fruit Juice</p>
<p>25</p> <p>WG Cereal Bar WG Graham Crackers Fruit Juice</p>	<p>26</p> <p>WG Bagel w/Cream Cheese Fruit Juice</p>	<p>27</p> <p>WG Muffin WG Graham Crackers Fruit Juice</p>	<p>28</p> <p>WG Cinnamon Roll Fruit Juice</p>	<p>29</p> <p>WG Poptart WG Graham Crackers Fruit Juice</p>

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Available Daily – Assorted Skim Milk, Assorted Fresh Fruit, Assorted WG Cereals, Assorted WG Muffins, WG Bagel with lite cream cheese, Cheese stick, Yogurt