

MAY 2024

SEABROOK SCHOOL DISTRICT

Student lunch prices: \$2.50 Full price, 40 cents Reduced, FREE to those who qualify (includes 8oz milk)

A la carte milk: 50 cents – choice of milk offered daily

2nd entrée portion: \$1.00

Adult lunch (includes entrée and sides): \$4.50

Monday
Tuesday
Wednesday
Thursday

Friday


4/29 -5/3 Cold Choices: Tuna sandwich OR Salad!

NEW MENU ITEM! **1**
 *Crispy chicken pesto sandwich topped with mozzarella cheese
 *Pasta salad
 Roasted broccoli
 Mixed fruit

2
 *Cheesy beef nachos
 Assorted toppings
 Bean salad
 Pears

HAPPY SCHOOL LUNCH HERO DAY! **3**
 *PIZZA
 Fresh made salad
 Peaches


6
 *Baked fish sticks
 Baked onion rings
 *Soft roll
 Roasted broccoli
 Mixed fruit

NEW MENU ITEM! **7**
 *Chicken taco on soft tortillas
 Option for spicy chipotle marinade
 Assorted toppings
 Bean salad
 Tropical fruit

8
 *Sharktastic chicken nuggets
 Assorted condiments
 *Soft roll
 Roasted green beans
 Orange slices

9
 *Toasted ham & cheese sandwich
 Hand cut sweet potato wedges
 Pears

10
 *PIZZA
 Fresh made salad
 Peaches



5/6 -5/10 Cold Choices: Turkey & cheese sandwich OR Salad!

13
 *Homemade mac & cheese
 *BBQ pulled pork
 Soft roll
 Roasted broccoli
 Mixed fruit

14
 *Turkey BLT sandwich
 Side of mayo
 Potato salad
 Pineapple

EARLY RELEASE at NOON **15**
 *Warm pretzel
 Cheese sauce
 Hummus
 Baby carrots
 Mandarin oranges

16
 **Chicken Caesar wrap
 Chickpea salad
 Pears
 Homemade brownie

17
 *PIZZA
 Fresh made salad
 Peaches

5/13 -5/17 Cold Choices: Chicken salad sandwich OR Salad!

Breakfast as is OR make a sandwich! **20**
 *Choice of pancakes or waffles
 Egg patty
 Bacon or sausage
 *Hash brown
 Mixed fruit

TASTY TUESDAY! **21**
Come try a new sample 😊
 *Chicken patty on a bun
 *Choice of sauce
 Chickpea salad
 Tropical fruit

Italian sampler **22**
 *Sausage, *ravioli, *cheesy bread
 Homemade marinara sauce
 Roasted broccoli
 Orange slices

23
 *Open faced sloppy joe on *Texas toast
 Roasted green beans
 Pears

24
 *PIZZA
 Fresh made salad
 Peaches

5/20 -5/24 Cold Choices: Egg salad sandwich OR Salad!


memorial DAY **27**


28
 *Homemade spaghetti alfredo with chicken
 *Garlic bread
 Roasted broccoli
 Mixed fruit

Hibachi bar! **29**
 Pick a grain - *fried rice or noodles
 Pick a protein *teriyaki chicken or beef
 Mixed vegetables
 Edamame salad
 Mandarin oranges

30
 *Chicken wings
 *Choice of sauce
 Mashed potatoes
 Coleslaw
 Pears

31
 *PIZZA
 Fresh made salad
 Peaches



5/27 -5/31 Cold Choices: Sunbutter & jelly sandwich OR Salad!

This institution is an equal opportunity employer

Please be sure to notify the school if your student has a food allergy or intolerance so that we may adjust food items accordingly.

Due to supply and demand challenges, this menu is subject to change. Whole grain (WG) items served for all meals unless unavailable.

We take pride in making a majority of our meal items from scratch, and following rules set forth by the United States Dept of Agriculture (USDA)

Entrée items marked with * can be/are made gluten free. Note: all fruits and veggies are naturally gluten free

Our daily "garden bar" includes a variety of fruits and veggies for students and staff to enjoy with their lunch!

<https://www.sau21.org/sms/departments/cafeteria>

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