

September 2020 Lunch Menu – Classroom Feeding

Seabrook School District
Abigail Kaplan, School Nutrition Director

1% white milk or fat-free flavored milk are offered daily to students.

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

No School 7	Boneless Chicken Wings 8 Pasta Salad Or Ham and Cheese on WG Tortilla Fresh Baby Carrots Fresh Green Beans Sliced Peaches	Hot Dogs on WG Bun 9 Or Tuna Fish Salad on WG Bun Vegetarian Baked Beans Fresh Green Beans Fresh Apples	WG French Toast Sticks 10 Chicken Sausage or Turkey and Cheese on WW Tortilla Hashbrowns Cucumber Rounds Orange Slices	Whole Grain Cheese Pizza 11 Or Turkey and Cheese on WW Tortilla Chickpea Salad Cucumber Rounds Mixed Fruit
Meatless Monday: Cheese Quesadillas 14 Or Sunbutter and Jelly Sandwich on WG Bread Three Bean Salad Sugar Snap Peas Orange Smiles	Crispy Chicken Patty 15 On WG Bun Lettuce, Tomato Or Turkey and Cheese on WW Tortilla Fresh Green Beans Fresh Apples	Chicken Teriyaki Dippers 16 With Brown Rice Or Tuna Fish Salad on WG Bun Fresh Corn Salad Carrot Coins Pineapple Tidbits	Hamburgers on WG Bun 17 Or Egg Salad on WG Hoagie Roll Lettuce, Tomato, Onions Cucumber Rounds Cinnamon Pears	Bacon, Egg, and Cheese on WG English Muffin 18 Or Turkey and Cheese on WW Tortilla Chickpea Salad Cucumber Rounds Mixed Fruit
Meatless Monday: WG Breaded Mozzarella Sticks 21 Or Sunbutter and Jelly Sandwich on WG Bread Cucumber Rounds Fresh Carrot Coins Mixed Fruit	WG Chicken Corndogs 22 Or Turkey and Cheese on WW Tortilla Sugar Snap Peas Sliced Peaches	Ham and Cheese Melt on WG Pretzel Roll 23 Or Tuna Fish Salad on WG Bun Celery Sticks Fresh Apples Slices Orange Smiles	Deconstructed Nachos: WG Tortilla Chips, Seasoned Beef, Cheddar Cheese, Lettuce, Tomatoes, Salsa Brown Rice 24 Or Egg Salad on WG Hoagie Roll Cucumber Roads Applesauce	Whole Grain Stuffed Crest Pizza 25 Or Turkey and Cheese on WW Tortilla Chickpea Salad Cucumber Rounds Mixed Fruit
Meatless Monday: Homemade Pizza Lunchable 28 Or Sunbutter and Jelly Sandwich on WG Bread Cucumber Rounds Fresh Carrot Coins Mixed Fruit	Chicken Nuggets 29 Or Turkey and Cheese on WW Tortilla Homemade Pasta Salad Fresh Baby Carrots Cucumber Rounds Fresh Pear Slices	Appetizer Platter: Mozzarella Sticks, Breaded Chicken, Baked Fries 30 Or Tuna Fish Salad on WG Bun Vegetable Medley with Homemade Hummus Orange Smiles		

We are proud to participate in the global movement of Meatless Monday by having every Monday's meal choice be meat free.

Menu subject to change.

This institution is an equal opportunity provider.

