


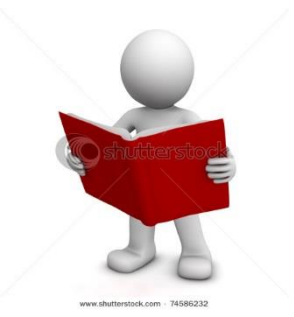



# February

# 2019

## SOUTH SENECA MIDDLE/HIGH

## BREAKFAST & LUNCH MENU

<p><b>Breakfast and Lunch Free for all students Pre-K - 12<sup>th</sup> Grade</b></p> <p><u>All meals require at least one fruit or vegetable choice</u></p>	<p><u>Breakfast menu:</u></p> <p>Monday: breakfast pizza Tuesday: french toast sticks Wednesday: egg McFalcon Thursday: breakfast pizza Friday: breakfast on a stick</p>	<p><u>Garden Vegetable Bar</u></p> <p>Tomatoes, onions, pickles, broccoli, green peppers, red peppers, baby carrots, spinach, garbanzo beans, banana peppers, black olives, pickled beets.</p>	<p><u>Daily choices:</u></p> <ul style="list-style-type: none"> <li>Cheese pizza</li> <li>Chicken patty on roll</li> <li>Yogurt meal combo</li> <li>Sandwich, wrap or sub made to order</li> <li>Chef Salad</li> </ul> <p><b>TACO THURSDAY'S</b></p>	<p><u>All meals include</u></p> <p>New York State produced Low fat or fat free milk</p> <p>100% fruit juice Fresh fruit Fruit cup</p> <p>Garden vegetable bar Featuring Grandma Hertzler's pickles</p>
				<p>1</p> <p>Garlic pizza Or fish on bun Green beans Pudding cup</p>
<p>4</p> <p>Deluxe cheeseburger on Whole grain roll Baked curly fries Broccoli</p>	<p>5 Early Release Day</p> <p>Grilled cheese sandwich Tomato soup Crackers Baby carrots</p>	<p>6</p> <p>French toast sticks Breakfast sausage Hash brown patty Cinnamon apples</p>	<p>7</p> <p>Taco salad Brown rice Refried beans Corn Salsa Sour cream</p>	<p>8</p> <p>Cheese calzone Dipping sauce Or fish on bun Carrots Fruit slushies</p>
<p>11</p> <p>Buffalo chicken patty on roll Baked French fries Broccoli</p>	<p>12</p> <p>Pasta and meatballs Garlic bread Green beans</p>	<p>13</p> <p>Chicken nuggets Mashed potatoes and gravy Carrots Dinner Roll</p>	<p>14</p> <p>Twin tacos with toppings Hard or soft shell Brown rice Refried beans Corn Salsa Cookie</p>	<p>15</p> <p>Chicken wing pizza Or fish on bun Tossed salad Squash</p>
<p>18</p> <p><b>Winter Break February 18-22</b></p>  <p>RESIDENTS DAY</p>	<p>19</p> 	<p>20</p> 	<p>21</p> 	<p>22</p> 
<p>25</p> <p>BBQ pork sandwich Potato rounds Broccoli</p>	<p>26</p> <p>Macaroni and cheese Garlic bread Carrots</p>	<p>27</p> <p>Popcorn chicken Mashed potatoes and gravy Corn Dinner roll</p>	<p>28</p> <p>Taco salad Brown rice Refried beans Corn Salsa Sour cream</p>	<p>South Seneca Is an equal Opportunity Employer and provider</p>

New York Thursday 2/28

Carrot Candy