









# February

# 2018

## 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: pizza bagel Tuesday: french toast sticks Wednesday: egg McFalcon Thursday: pizza bagel Friday: breakfast on a stick</p>	<p><u>Garden Vegetable Bar</u></p> <p>Tomatoes, onions, pickles, broccoli, green peppers, red peppers, celery, 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</p>
			1 Taco in a bag Brown rice Refried beans Corn Salsa Sour cream	2 Garlic pizza Or fish on bun Tossed Salad Green beans
5 Deluxe cheeseburger on Whole grain roll Baked curly fries Broccoli	6 Penne with meatballs Garlic bread Green beans	7 French toast sticks Breakfast sausage Hash brown patty Cinnamon apples	8 Tacos with toppings Hard or soft shell Brown rice Refried beans Corn Salsa Sour cream	9 Cheese calzone Dipping sauce Tossed Salad Carrots
12 Buffalo chicken patty on roll Baked French fries Broccoli	13 Grilled cheese sandwich Tomato soup Crackers Baby carrots	14 Baked chicken Mashed potatoes and gravy Carrots Dinner Roll 	15 Taco in a bag Brown rice Refried beans Corn Salsa Sour cream	16 Chicken wing pizza Or fish on bun Tossed salad Mixed vegetables
19 No School 	20 February 19-23 	21 	22 	23 
26 Buffalo chicken patty on roll Potato rounds Broccoli	27 Macaroni & cheese Garlic bread Peas	28 Popcorn chicken Mashed potatoes and gravy Corn Dinner roll		South Seneca Is an equal Opportunity Employer and provider

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