





2018

SOUTH SENECA MIDDLE/HIGH

BREAKFAST & LUNCH MENU

<p>Breakfast and Lunch Free for all students Pre-K - 12th Grade</p> <p><u>All meals require at least one fruit or vegetable choice</u></p>		<p><u>Garden Vegetable Bar</u></p> <p>Tomatoes, onions, pickles, peppers, celery, carrots, spinach, garbanzo beans, banana peppers, black olives, pickled beets.</p>	<p><u>Daily choices:</u></p> <ul style="list-style-type: none"> Cheese pizza Chicken patty on roll Yogurt meal combo Sandwich, wrap or sub made to order Chef Salad <p>TACO THURSDAY'S</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 Pasta and meatballs Cheese stuffed breadstick Green beans	2 Chicken nuggets Mashed potatoes & gravy California blend vegetables Dinner roll	3 Taco in a bag Brown rice Refried beans Corn Salsa Sour cream	4 Taco pizza Or fish on bun Tossed Salad Steamed carrots
7 BBQ Rib on roll Seasoned diced potatoes Broccoli	8 Early Dismissal Grilled cheese sandwich Tomato soup Crackers Baby carrots	9 Popcorn chicken Mashed potatoes and gravy Corn Dinner roll	10 Tacos with toppings Hard or soft shell Brown rice Refried beans Salsa Sour cream	11 Chicken wing pizza Or Fish on bun Tossed Salad Peas
14 Buffalo chicken patty on roll Baked curly fries Carrots	15 Cheese manicotti/sauce Garlic bread Green beans Chocolate chip cookie	16 French toast sticks Sausage links Hash brown potato patty Cinnamon apples	17 Taco in a bag Brown rice Refried beans Corn Salsa Sour cream	18 Farmer Friday Garlic pizza Or fish on bun New York grown Kale salad with apples and Craisins
21 Cheeseburger on bun Baked potato rounds Broccoli	22 Macaroni & cheese Garlic bread Peas and carrots Fruit slushies cup	23 Popcorn chicken Mashed potatoes and gravy Corn Dinner roll	24 Tacos with toppings Hard or soft shell Brown rice Refried beans Salsa Sour cream	25 No School Today 
28 No School Today 	29 Spaghetti with meat sauce Garlic bread Green beans	30 Chicken nuggets Mashed potatoes and gravy Steamed carrots Dinner roll	31 Taco in a bag Brown rice Refried beans Corn Salsa Sour cream	<i>South Seneca is an Equal opportunity Employer and provider</i>

Monday: Breakfast pizza	Tuesday: French toast sticks	Wed: Egg McFalcon	Thursday: Breakfast pizza	Friday: Breakfast on a stick
--------------------------------	-------------------------------------	--------------------------	----------------------------------	-------------------------------------

Daily choices: granola bars--- bagels---cereal---benefit bars---yogurt/granola combo---fruit---milk---juice