



JUNE

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><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>
				<p>1 Chicken wing pizza Fish on bun Green beans</p>
<p>4 Hot dog on roll Corn dog Chili dog Steamed broccoli</p>	<p>5 Hamburger on bun Curly fries Steamed carrots</p>	<p>6 Chicken nuggets Mashed potatoes & gravy Steamed mixed vegetables Dinner roll</p>	<p>7 Taco in a bag Refried beans Brown rice Steamed corn Salsa Sour cream</p>	<p>8 Choice of pizza Fish on bun Steamed spinach</p>
<p>11 Buffalo chicken patty on bun Baked beans Steamed carrots</p>	<p>12 REGENTS EXAMS</p> <p>Breakfast 7:15 -8:00</p> <p>Lunch: Deli line 10am – Noon</p>	<p>13 REGENTS EXAMS</p> <p>Breakfast 7:15 -8:00</p> <p>Lunch: Deli line 10am – Noon</p>	<p>14 REGENTS EXAMS</p> <p>Breakfast 7:15 -8:00</p> <p>Lunch: Deli line 10am – Noon</p>	<p>15 REGENTS EXAMS</p> <p>Breakfast 7:15 -8:00</p> <p>Lunch: Deli line 10am – Noon</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	
<p>Food Programs</p> 	<p>South Seneca MSHS Upper Cafeteria</p> <p>June 25-July 27 Breakfast: 8:45-9:15 Lunch: 11:30-12 Noon</p>	<p>No Programs July 4th</p> <p>Free to all 18 and under For other sites call: 1-866-348-6479</p>	<p>South Seneca Elementary Small Gym</p> <p>July 2 – August 3 Breakfast: 9:00-9:30 Lunch: 11:15-11:45</p>	<p><i>South Seneca is an Equal opportunity Employer and provider</i></p>

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