



# OCTOBER | 2018

## Seeger Jr. Sr. High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Cold Breakfast *Chicken Melt *Pizza Baby Bakers Broccoli & Cheese Green Beans	<b>2</b> Breakfast Pizza w/ Hash brown *Chicken Mashed Potato Bowl w/ Roll *Crispitos Mashed Potatoes Sweet Potatoes Corn	<b>3</b> Waffles & Sausage Patty *Sweet & Sour or General Tso Chicken *Egg Roll Tater Tots Cauliflower & Cheese Stir Fry Vegetables Fortune Cookie	<b>4</b> Breakfast Sandwich *Tacos *Chicken Strips French Fries Green Beans Refried Beans	<b>5</b> Biscuit & Gravy *Spaghetti & Meatballs W/ Garlic Toast *Mozzarella Sticks Spiral Fries Corn Mixed Vegetables Ice Cream
<b>8</b> Cold Breakfast *Cheeseburger *Quesadilla Onion Rings Corn Mixed Vegetables Cookie	<b>9</b> Breakfast Pizza w/ Hash brown *Popcorn Chicken *Breadsticks w/ Cheese Potato Wedges Cheesy Green Beans Carrots	<b>10</b> French Toast Stick w/ Sausage Patty *Texas Straw Hat *BBQ Sandwich Baked Potato Green Beans Refried Beans	<b>11</b> Breakfast Sandwich *Breaded Chicken Sandwich *Bosco Sticks Au Gratin Potatoes Spinach Baked Beans Cookie	<b>12</b> Biscuit & Gravy *Cup of Soup *Pizza Potato Stick Corn Peas
<b>15</b> Cold Breakfast *Chicken Rings *Lasagna Roll-Up & Garlic Toast Potato Wedges Broccoli & Cheese Mixed Vegetables Brownies	<b>16</b> Breakfast Pizza w/ Hash brown *Country Fried Steak *Drumstick Mashed Potatoes & Gravy Sweet Potatoes Corn Roll	<b>17</b> Parent Teacher Conferences		<b>18</b> Fall Break
<b>22</b> Cold Breakfast *Turkey Bacon Sub *Pizza Onion Rings Corn Mixed Vegetables	<b>23</b> Breakfast Pizza w/ Hash brown *Chicken & Noodles w/ Roll *Popcorn Shrimp Mashed Potatoes Cheesy Green Beans Carrots Cookie	<b>24</b> Pancakes & Ham *Hot & Spicy Chicken Sandwich *Pizza Tatar Tots Cabbage Cauliflower	<b>25</b> Breakfast Sandwich *Sloppy Joes *Chicken Nuggets French Fries Corn Mixed Veggies	<b>26</b> Biscuit & Gravy *Chicken Chipotle Wrap *Jumbo Hot Dog Waffle Fries Baked Beans Green Beans
<b>29</b> Cold Breakfast *Chicken Melt *Pizza Baby Bakers Broccoli & Cheese Green Beans	<b>30</b> Breakfast Pizza w/ Hash brown *Chicken Mashed Potato Bowl w/ Roll *Crispitos Mashed Potatoes Sweet Potatoes Corn	<b>31</b> Waffles & Sausage Patty *Sweet & Sour or General Tso Chicken *Egg Roll Tater Tots Cauliflower & Cheese Stir Fry Vegetables Fortune Cookie		

### News



*"This institution is an equal opportunity provider"*

### A LINE HOT LUNCH

Choose one of two Hot Entrees, then, choose three sides. Choice of side dishes will vary daily, and include such items as:

- Potato
- Two Hot Veggies
- Variety of cold Fruits, Veggies and Vegetable Salad

Milk is included with A-line

**STUDENTS MUST GET A ½ C. OF FRUIT OR VEGETABLE TO COUNT AS A REIMBURSABLE MEAL**

**BREAKFAST JUICE AND FRUIT, AND MILK ARE OFFERED. YOU MUST CHOOSE A JUICE OR A FRUIT.**

**BREAKFAST OPTIONS OTHER THAN THE HOT ENTREE  
CEREAL- MUFFINS  
GRANOLA BARS - POP TARTS**