

SEPTEMBER | 2019

Seeger Jr. Sr. High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Labor Day 	3 Breakfast Pizza w/ Hash brown *Chicken Mashed Potato Bowl w/ Roll *Crispitos Mashed Potatoes Sweet Potatoes Corn	4 Waffles & Sausage Patty *Chicken & Rice Bowl *Egg Roll TatarTots Stir Fry Steamed Cauliflower	5 Breakfast Sandwich *Tacos *Chicken Strips French Fries Green Beans Refried Beans	6 Biscuit & Gravy *Spaghetti & Meatballs W/ Garlic Toast *Mozzarella Sticks Spiral Fries Corn Mixed Vegetables Ice Cream
9 Cold Breakfast *Cheeseburger *Quesadilla Onion Rings Corn Mixed Vegetables Cookie	10 Breakfast Pizza w/ Hash brown *Popcorn Chicken *Breadsticks w/ Cheese Mashers Potatoes Green Beans Carrots	11 French Toast Stick w/ Sausage Patty *Texas Straw Hat *BBQ Sandwich Baked Potato Green Beans Refried Beans	12 Breakfast Sandwich *Breaded Chicken Sandwich *Bosco Sticks Au Gratin Potatoes Spinach Baked Beans Cookie	13 Biscuit & Gravy *Cup of Soup *Pizza Potato Stick Corn Peas
16 Cold Breakfast *Chicken Rings *Lasagna Roll-Up & Garlic Toast Potato Wedges Broccoli Mixed Vegetables Brownies	17 Breakfast Pizza w/ Hash brown *Country Fried Steak *Drumstick Mashed Potatoes & Gravy Sweet Potatoes Corn Roll	18 Pancakes & Ham *Hot & Spicy Chicken Sandwich *Pizza Tatar Tots Cabbage Cauliflower	19 Breakfast Sandwich *Sloppy Joes *Chicken Nuggets French Fries Corn Okra	20 Biscuit & Gravy *Chicken Chipotle Wrap *Jumbo Hot Dog Waffle Fries Baked Beans Green Beans Frozen Treat
23 Cold Breakfast *Turkey Bacon Sub *Pizza Onion Rings Corn Mixed Vegetables	24 Breakfast Pizza w/ Hash brown *Chicken & Noodles w/ Roll *Popcorn Shrimp Mashed Potatoes Green Beans Carrots Cookie	25 French Toast & Sausage Patty *Biscuit & Gravy & Omelet *Buffalo Chicken Wrap Hash brown Corn Spinach	26 Breakfast Sandwich *Taco in a Bag *Quesadilla Spiral Fries Refried Beans Green Beans	27 Biscuit & Gravy *Patriot Burger *Corn Dog Potato Sticks Baked Beans Broccoli Cinnamon Roll
30 Cold Breakfast *Chicken Melt *Pizza Baby Bakers Green Beans Steamed Broccoli	1 Breakfast Pizza w/ Hash brown *Chicken Mashed Potato Bowl w/ Roll *Crispitos Mashed Potatoes Sweet Potatoes Corn	2 Waffles & Sausage Patty *Chicken & Rice Bowl *Egg Roll TatarTots Stir Fry Steamed Cauliflower	3 Breakfast Sandwich *Tacos *Chicken Strips French Fries Green Beans Refried Beans	4 Biscuit & Gravy *Spaghetti & Meatballs W/ Garlic Toast *Mozzarella Sticks Spiral Fries Corn Mixed Vegetables Ice Cream

News

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

A LINE COLD LUNCH

Choose of cold sandwich or salad. Cold fruit and veggies offered with each meal. Milk is also offered.

STUDENTS MUST GET A 1/2 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, Pop tart, Cinni-mini, Donut, Yogurt Parfait