

SEEM Collaborative Lunch

MAY 2017

Monday Tuesday Wednesday Thursday Friday

1	2	3	4	5
<p>Chicken Tenders on a WW sub Baby Carrots with LF Dip Fresh fruit</p>	<p>Meatball on WW Sub Sidewider fries Carrots Orange wedges</p>	<p>WG Baked Ziti Garlic bread Green Beans Orange wedges</p>	<p>Early Cinco De Mayo Hard or Soft Taco Seasoned Meat Shredded Cheese Lettuce & Tomato Brown Rice Refries Beans Pineapple</p>	<p>WG French Bread Pizza Tossed Salad Applesauce with cinnamon</p>
<p>8 Steak & Cheese on a WW sub roll Potato wedges Apple</p>	<p>9 WG LF Mozzarella Sticks with Marinara WG Breadstick Peaches</p>	<p>10 WG Chicken Nuggets WW Roll Whipped Potatoes Broccoli Pears</p>	<p>11 Turkey with Gravy WW roll Whipped Potatoes Butternut squash Cranberry Sauce</p>	<p>12 Whole grain Stuffed Crust Pizza Tossed salad with spinach Fresh fruit</p>

AVAILABLE DAILY

Assorted Lowfat & Nonfat Milk
Assorted Fresh Fruit
Side Caesar Salad
Side of Baby Carrots

SANDWICH CHOICES DAILY:

Tuna Salad Wrap
Ham & Cheese Wrap
Sliced Turkey Wrap
Romaine Salad with Chicken & WW Wrap

Peanut Butter & Jelly
Peanut Butter & Fluff

Lunch Includes: Main Dish or Alternate Choice - Vegetable, Fruit and Assorted lowfat & non fat Milk - \$2.75

Milk - \$.50

Menu Subject to Occasional Change

WE ARE PROUD TO PARTICIPATE IN THE FARM TO SCHOOL PROGRAM!

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MAY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
15 Hot Dog on a WW Roll Tater Tots Baked Beans Appleslices with Cinnamon	16 Chicken Tender sub with lettuce and tomato Hartzels Orange wedges	17 Ham & Cheese on a WG Croissant Baby Carrots with Dip RF Cape Cod Chips Fresh Fruit	18 Chicken Fajitas with Peppers and Onions Salsa Refried Beans Brown Rice 100% frozen Juice cup	19 WG Calzones Tossed Salad with Low fat dressing Strawberries with topping
22 Chicken Patty on a WW Roll Sweet corn 3 Bean salad Apple	23 Toasted Cheese on WW Bread Oven Fries Fresh Fruit	24 WG Pasta with Sauce and meatballs Garlic Bread Broccoli Watermelon	25 WG Tostitos Ultimate Nachos with Seasoned Meat Cheese Sauce Lettuce, Tomato & Salsa Black Bean salsa Brown rice Pineapple	26 WG Pizza Slice Caesar Salad Mixed Fruit
29 <p style="text-align: center;">NO SCHOOL</p>	30 Hamburger or Cheeseburger on a WW roll Oven fries Mixed fruit	31 Chicken, Broccoli & WG Pasta Garlic Bread Appleslices with topping	WG Chicken Nuggets WW Roll Whipped Potatoes Carrots Pears	WG Ind. Pizza Baby carrots Watermelon

SEEM Collaborative – Breakfast MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	2 WG Pancakes with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	3 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	4 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	5 Bacon, egg & Cheese on a WG Croissant Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
8 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	9 WG French Toast with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	10 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	11 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	12 Ham, egg & Cheese on a WW English Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
15 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	16 WG Waffles with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	17 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	18 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	19 Breakfast Burrito Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
22 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	23 WG Pancakes with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	24 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	25 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	26 Bacon, egg & Cheese on a WG English Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
29 NO SCHOOL	30 WG French Toast with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	31 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice		

USDA is an equal opportunity provider and employer

Milk/Juice .50
Breakfast meal - \$1.50
Adult meal - \$2.00

Available Daily - Assorted Skim Milk, Assorted Fresh Fruit,
Assorted WG Cereals, Assorted WG Muffins, WG Bagel
with lite cream cheese, Cheese stick , Yogurt