

SEEM Collaborative Lunch

November 2017

Monday Tuesday Wednesday Thursday Friday

		1 LS Soup Toasted Cheese on Multigrain Bread Oven Fries Peaches	2 Shepherds Pie (Ground Beef, Whipped Potatoes, Corn) WW Roll Strawberries	3 WG French Bread Pizza Caesar Salad Pears
6 Hamburger or Cheeseburger on a WW Roll Oven Fries Mixed Fruit	7 No School	8 Chipotle Seasoned Beef or Chicken Shredded Cheese Black Bean Salsa Lettuce, Tomato, & Guacamole Lime Cilantro Brown rice Pineapple	9 Meatball sub on a WW Roll Seasoned Wedges Fresh Fruit	10 NO SCHOOL

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 - \$3.00

Milk - \$.50

Menu Subject to Occasional Change

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

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Monday	Tuesday	Wednesday	Thursday	Friday
13 Steak & Cheese on a WW Roll Sidewinder fries Apple	14 Chicken Caesar wrap RF Chips Celery Sticks with low fat dip Strawberries with topping	15 Ham & Cheese and Turkey & Cheese Panini's RF Chips Baby carrots Frozen Juice cup	16 GOBBLE GOBBLE DAY Turkey with Gravy WW Dinner Roll Whipped Potato Carrots Cranberry sauce Cookie	17 WG Calzones Fresh veggies with dip Fresh fruit
20 Chicken Tenders on a WW Roll Lettuce & Tomato Spudsters Applesauce	21 WG Ultimate Tostito Nachos Seasoned meat Cheese sauce Lettuce, Tomato & salsa Refried Beans Brown rice Pineapple	22 EARLY RELEASE BEEBE Only Ham & Cheese on a WG Croissant Baby Carrots Raisins	23 NO SCHOOL	24 NO SCHOOL
27 WG Chicken Patty on a WW Roll Sweet corn Peaches	28 WG LF Mozzarella Sticks with Marinara WG Garlic Breadstick Sweet Peas Pears	29 Chicken Nuggets WW roll Whipped Potato Carrots Cranberry sauce	30 Mac & Cheese WG Breadstick Broccoli Applecrisp with topping	WG Sal's Pizza Tossed Salad with Fresh Spinach Strawberries with topping

SEEM Collaborative – Breakfast Nov 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	2 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	3 Breakfast Burrito Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
6 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	7 NO SCHOOL	8 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	9 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	10 NO SCHOOL
13 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	14 WG Pancakes with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	15 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	16 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	17 Ham, egg & Cheese on a WW English Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
20 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	21 WG French Toast with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	22 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	23 NO SCHOOL	24 NO SCHOOL
27 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	28 WG Waffles with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	29 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	30 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	

USDA is an equal opportunity provider and employer

Milk/Juice .50
 Breakfast meal - \$1.75
 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