

SEEM Collaborative Lunch

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	AVAILABLE DAILY
				1 WG Sal's Pizza Cheese & Pepperoni Tossed Salad W/Fresh Spinach Strawberries	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 - <u>\$3.00</u>
4 Hamburger or Cheeseburger on a WW Roll Ovenfries Peaches	5 Pulled Pork on WG Roll 3 Bean Salad Cole Slaw 100% Frozen Juice Cup	6 Hard or Soft Taco Seasoned meat, shredded cheese, lettuce, tomato, brown rice and salsa Pineapple	7 BBQ Chicken WG Biscuit Whipped Potato Carrots Cranberry Sauce Apple	8 WG Stuffed Crust Pizza Caesar Salad Peaches	Milk - \$.50 Menu Subject to Occasional Change WE ARE PROUD TO PARTICIPATE IN THE FARM TO SCHOOL PROGRAM!

USDA is an equal opportunity provider and employer.

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Monday	Tuesday	Wednesday	Thursday	Friday
11 Chicken Patty on a WW Roll Corn Pears	12 Ultimate Nachos W/Seasoned Meat, Cheese Sauce, Lettuce, Tomato, Black Beans & Salsa Brown Rice Pineapple	13 Early Release Sliced Turkey on a WG Roll RF Cape Cod Chips Baby Carrots W/LF Dip Fresh Fruit	14 Chicken Nuggets W/ WW Roll Whipped Potato Broccoli Apple	15 WG Pizza Slice Tossed Salad W/LF Dressing Peaches
18 Hot Dog on a WG Roll Tater Tots Baked Beans Applesauce w/cinnamon	19 LS Soup Whole Grain Paninis Celery Sticks Strawberries w/topping	20 LSLF Mozzarella Sticks w/tomato sauce WG Garlic Breadsticks Peas Oranges	21 <u>Holiday Dinner</u> Roast Turkey w/gravy WW Roll Whipped Potato Green Beans Cranberry Sauce Holiday Cookie	22 Early Release Ham & Cheese on a WG Croissant RF Cape Cod Chips aby Carrots W/LF Dip Fresh Fruit
25	26	27	28	29
<h1>WINTER BREAK</h1>				

SEEM Collaborative – Breakfast DEC 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Bacon, egg & Cheese on a WG Croissant Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
4 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	5 WG Waffles with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	6 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	7 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	8 Breakfast Burrito Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
11 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	12 WG Pancakes with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	13 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	14 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	15 Ham, egg & Cheese on a WW English Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
18 WG Bagel with lite Cream Cheese Assorted Fresh Fruit or 100% Juice	19 WG French Toast with Syrup Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	20 Assorted WG Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	21 4 oz Yogurt Assorted WG Cereal Assorted Fresh Fruit or 100% Juice	22 Bacon, egg & Cheese on a WG English Muffin Assorted WG Cereal Assorted Fresh Fruit or 100% Juice
		Winter break		

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

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