








# What's on the Menu?

## Seaholm High School Lunch Menu Week of October 11<sup>th</sup>, 2021

Station	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
	<b>Chicken &amp; Waffles</b> Whole Grain Waffles with Crispy Boneless Chicken Breast. Served with Curly Fries.	<b>Mashed Spuds</b> Choice of Whole Grain Popcorn Chicken with Steamed Corn Drizzled with Chicken Gravy With Wheat Garlic Breadstick	<b>Backyard BBQ</b> BBQ Chicken Drum Stick with Side of Creamy Mac & Cheese. Served with Corn on the Cob and Baked Waffle Fries	<b>Buffalo Chicken Dip</b> Homemade Chicken Dip with Whole Grain Tortilla Chips and Assorted Bell Peppers for Dipping	<b>Create Your Own Wings</b> Wings Tossed with Your Choice of BBQ, Honey BBQ, or Hot Sauce served with Baked Crinkle Fries and Dinner Roll
	Available Daily: Spicy or Crispy Chicken Sandwich, Baked Mozzarella Sticks or Chicken Nuggets with Pretzel Rod				
	All Beef Steakburger with Cheese Served with Baked Straight Fries	Chicken Wings with Pretzel Rod Served with Baked Crinkle Fries	Nashville Hot Chicken Sandwich Served with Baked Waffle Fries	All Beef Ballpark Hot Dog Served with Baked Tater Tots	Turkey Cheddar Ciabatta Served with Baked Crinkle Fries
	Available Daily: Whole Grain Bosco Sticks with Dipping Sauce or 3 Cheese French Bread				
	Available Daily: Made to Order Smoothie Station Build your own Smoothie with Choice of Fresh Diced Strawberries, Pineapple Cubes, Mango, Banana, Blueberries, Spinach, Low-Fat Vanilla Yogurt, Orange Juice, and, Honey				
	Made to Order Street Tacos  Fajita Chicken or Beef, Seasoned Black Beans, Corn, Roasted Peppers & Onions, Queso Cheese, & Guacamole	Made to Order Street Eats  Generals Chicken, Egg Fried Rice, Sautéed Vegetables, Crunchy Asian Topping & Chicken Egg Roll	Made to Order Nachos or Burrito Bowl  Fajita Chicken or Beef, Seasoned Black Beans, Corn, Roasted Peppers & Onions, Queso Cheese, & Guacamole	Made to Order Chicken Teriyaki Bowl  Beef, Teriyaki Sauce, Rice, Broccoli, Snap Peas, Bell Peppers, Carrots	Made to Order Ramen Bowl  Noodles, Chicken, Hard Boiled Egg, Onions, Mushrooms, Zucchini, Carrots, Spinach and Crunch Topping
	Available Daily: Hummus Platter with Pita & Fresh Veggies or Fruit & Yogurt Parfait with Homemade Granola or Assorted Sandwiches				
	BLT Turkey Wrap	Hummus & Feta Wrap	Italian Hero on Whole Grain Bread	Crispy Chicken Caesar Wrap	Buffalo Ranch Chicken Wrap
	Garden Salad	Turkey Cobb Salad	Turkey Ham Chef Salad	BLT Chicken Salad	Chicken Popper Salad
 <i>Fruit &amp; Vegetable Bar Included with all meals</i>	Rainbow Carrots Black Beans Clementine Assorted Fresh Fruit & Vegetables	Cucumber Coins Broccoli Florets Chilled Peaches Assorted Fresh Fruit & Vegetables	Grape Tomatoes Red Seedless Grapes Power Peas Assorted Fresh Fruit & Vegetables	Garbanzo Beans Celery Sticks Cantaloupe Cubes Assorted Fresh Fruit & Vegetables	Carrots & Broccoli Watermelon Slices Cinnamon Applesauce Assorted Fresh Fruit & Vegetables

*A lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include fat-free white, chocolate or strawberry.*



**As school foodservice programs move to return to normal, we are facing unprecedented issues with the nationwide food supply chain that will cause us to alter our posted menus with little to no notices. While it is our intention to serve the posted menu, supply issues may not make this possible until nationwide food supply chain issues are rectified. We will always attempt to substitute the scheduled menu item with another that is similar.**