








What's on the Menu?

Seaholm High School Lunch Menu Week of October 18th, 2021

Station	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
	Baked Potato Bar Baked Potato with choice of Cheese, Bacon, Broccoli, Green Onions, Sliced Jalapeños, and Sour Cream. Served with a Dinner Roll	Philly Steak Bowl Build your own Bowl with Rice, topped with Steak, Sautéed Onions, Mushrooms, Peppers, Melted Cheese or Queso	Brunch for Lunch Whole Grain Cinnamon French Toast, Scrambled Eggs with Cheddar Cheese and Baked Tater Tots	Build Your Own Burger Beef, Turkey, or Garden Burger American, Provolone or Pepperjack Cheese Sautéed Onion Peppers Lettuce & Tomato with Garlic Parmesan Fries	Fish Fry Friday Whole Grain Baked Pollack with Baked Curly Fries, Dinner Roll and Homemade Apple Crisp Treat
	<i>Available Daily:</i> Spicy or Crispy Chicken Sandwich, Baked Mozzarella Sticks or Chicken Nuggets with Pretzel Rod				
	Buffalo Ranch Chicken Sandwich Served with Baked Straight Fries	Corndog Served with Baked Waffle Fries	Hot Ham & Swiss Ciabatta Served with Baked Tater Tots	Spicy Chicken Tenders with Pretzel Rod Served with Baked Straight Fries	Turkey Patty Melt Served with Baked Curly Fries
	<i>Available Daily:</i> Whole Grain Bosco Sticks with Dipping Sauce or 3 Cheese French Bread				
	<i>Available Daily:</i> 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
	<i>Available Daily:</i> Hummus Platter with Pita & Fresh Veggies or Fruit & Yogurt Parfait with Homemade Granola or Assorted Sandwiches				
	Chicken Ranch Wrap	Turkey Ham, Cheese, & Pita	Honey Mustard Chicken Wrap	Roasted Veggie Wrap	Grilled Chicken Caesar Wrap
	Crispy Chicken Caesar Salad	Tuna Salad Platter	Chicken Popper Salad	Buffalo Chicken Salad	Turkey Cobb Salad
 <i>Fruit & Vegetable Bar Included with all meals</i>	Tomatoes Power Peas Cinnamon Bananas Assorted Fresh Fruit & Vegetables	Orange Wedges Cucumber Coins Clementine Assorted Fresh Fruit & Vegetables	Broccoli Florets Caesar Salad Chilled Peaches Assorted Fresh Fruit & Vegetables	Celery Sticks <i>Purple Cauliflower</i> Pineapple Tidbits Assorted Fresh Fruit & Vegetables	<i>Rainbow Carrots</i> Black Beans Sliced Strawberries 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.