

What's on the Menu?

Seaholm High School Lunch Menu Week of October 4th, 2021

Station	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
	Southwest Chicken Bacon Mac & Cheese Bowl Penne Pasta, Queso with Grilled Chicken, Bacon, and Roasted Red Peppers. Topped with Cheddar Cheese and Jalapeños	Build Your Own Chicken Tender Wraps Chicken tenders with your choice of shredded cheddar or mozzarella cheese, lettuce, tomato, and onion. Served with Baked Wedges	Loaded Waffle Fries Create your Meal with Cheddar Cheese, Choice of Black Beans, Bacon, or Beef With Homemade Salsa served with Dinner Roll	Herb Roasted Chicken Served with Homemade Mashed Potatoes, Chicken Gravy and Cinnamon Glazed Carrots Served with Dinner Roll	Coney Dog Station Hot dog with your choice of chili, cheese, onions, and DIY condiments Served with Baked Curly Fries
	<i>Available Daily:</i> Spicy or Crispy Chicken Sandwich, Baked Mozzarella Sticks or Chicken Nuggets with Pretzel Rod				
	Nashville Hot Chicken Sandwich Served with Baked Tater Tots	Corndog Served with Baked Wedges	All Beef Steakburger with Bacon & Cheese Served with Baked Waffle Fries	Tuna Melt Served with Baked Straight Fries	Pepperoni Panini 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>	Broccoli Florets Caesar Salad Cinnamon Bananas Assorted Fresh Fruit & Vegetables	Radish Slices Cucumber Coins Pineapple Chunks Assorted Fresh Fruit & Vegetables	Tomatoes Power Peas Fresh Strawberries Assorted Fresh Fruit & Vegetables	Celery Sticks Purple Cauliflower Clementine Assorted Fresh Fruit & Vegetables	Rainbow Carrots Black Beans Grapefruit Wedges 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.