








What's on the Menu?

Seaholm High School Lunch Menu Week of September 27th, 2021

Station	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1
	Crispy Orange Chicken Bowl Tender Chicken Tossed with Orange Sauce, Steamed Broccoli, Mushrooms, and Bell Pepper. Served over Bed of Cilantro Lime Rice and Topped with Green Onions	TACO TUESDAY! Your choice of Fish tacos or Beef tacos with Hard or Soft Shell, Shredded Cheddar, Tomatoes, Shredded Romaine, and Hot Sauce. Chili Lime Corn on the Cob	Fiesta Loaded Mac & Cheese Creamy Mac & Cheese Topped with Choice of Diced Bacon or Ham, Homemade Salsa, & Green Onions With Muffin & Fresh Steamed Brussel Sprouts	Grilled Cheese & Tomato Soup Homemade grilled cheese with warm tomato soup. Served with whole grain crackers and Homemade Apple Crisp Treat!	½ day No Lunch
	Available Daily: Spicy or Crispy Chicken Sandwich, Baked Mozzarella Sticks or Chicken Nuggets with Pretzel Rod				
	All Beef Steakburger with Cheese Served with Baked Wedges	Mini Turkey Corn Dogs Served with Baked Crinkle Fries	Drumstick with Pretzel Rod Served with Baked Curly Fries	BBQ Turkey Burger Served with Baked Hashbrown Stars	
	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	
	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	
	Garden Salad	Turkey Cobb Salad	Turkey Ham Chef Salad	BLT Chicken Salad	
	Pepper Strips Zucchini Sticks Rosy Applesauce Assorted Fresh Fruit & Vegetables	Cool Marinated Cucumbers Clementine Honeydew Cubes Assorted Fresh Fruit & Vegetables	Power Peas Purple Cauliflower Orange Wedges Assorted Fresh Fruit & Vegetables	Garbanzo Beans Bell Peppers Fresh 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.