






What's on the Menu?

Seaholm High School Lunch Menu WEEK OF FEBRUARY 14th

| Station | Monday 14 | Tuesday 15 | Wednesday 16 | Thursday 17 | Friday 18 |
|---|--|---|--|---|---|
|  | 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! | Create Your Own Wings Wings Tossed with Your Choice of BBQ, Honey BBQ, or Hot Sauce served with Whole Grain Biscuit and Baked Crinkle Fries |
|  | 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 | Crispy Fish Sandwich with Cheese Served with Baked Crinkle |
|  | 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 |
|  | 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 | Grape Tomatoes Broccoli Florets Cinnamon Apple Slices Assorted Fresh Fruit & Vegetables |

A lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1)



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.