








What's on the Menu?

Seaholm High School Lunch Menu Week of January 31st

| Station | Monday 31 | Tuesday 1 | Wednesday 2 | Thursday 3 | Friday 4 |
|--|---|---|-----------------------------|--|---|
|  | Chicken & Waffles Whole Grain Waffles with Crispy Boneless Chicken Breast. Served with Curly Fries. | Mashed Spuds Choice of Whole Grain Popcorn Chicken with Steamed Corn Drizzled with Chicken Gravy With Wheat Garlic Breadstick | Half Day No Lunch | Buffalo Chicken Dip Homemade Chicken Dip with Whole Grain Tortilla Chips and Assorted Bell Peppers for Dipping | Create Your Own Wings Wings Tossed with Your Choice of BBQ, Honey BBQ, or Hot Sauce served with Baked Crinkle Fries and Dinner Roll |
|  | <i>Available Daily:</i> 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 | | All Beef Ballpark Hot Dog Served with Baked Tater Tots | Turkey Cheddar Ciabatta Served with Baked Crinkle 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 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 | | | | |
| | BLT Turkey Wrap | Hummus & Feta Wrap | | Crispy Chicken Caesar Wrap | Buffalo Ranch Chicken Wrap |
| | Garden Salad | Turkey Cobb Salad | | BLT Chicken Salad | Chicken Popper Salad |
|  <i>Fruit & 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 | | 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.