

This institution is an equal opportunity provider.

March 2<sup>nd</sup> – 6<sup>th</sup>, the nutrition department is celebrating National School Breakfast Week!

# MARCH 2020 Lunch Menu

Seabrook School District  
Abigail Kaplan, School Nutrition Director

Lunch Meal Prices: \$2.00, Reduced \$0.40  
Alternate meals offered daily: Chef's Choice Sandwich or yogurt with choice of sides.  
1% white milk or fat-free flavored milk are offered daily to students.

## Monday

**2**  
Cheese Pizza Bagels  
Fresh Carrot Coins  
Cinnamon Apple Slices

**9**  
Broccoli Alfredo: WG pasta, alfredo sauce, and broccoli  
Steamed Corn  
Mixed Fruit

**16**  
Vegetable Chili  
Shredded Cheese  
Brown Rice  
Fresh Carrot Coins  
Pineapple Tidbits

**23**  
Stuffed Crust Cheese Pizza  
Tomato and Cucumber Salad  
Fresh Carrot Coins  
Orange Smiles  
Chocolate Pudding Cups

**30**  
Mozzarella Sticks  
Marinara Sauce  
Cucumber Rounds  
Fresh Green Beans  
Pineapple Tidbits

## Tuesday

**3**  
WG French Toast Bites  
Chicken Sausage  
Hash-browns  
Sliced Peaches  
**NEW ITEM!**

**10**  
No School!

**17**  
WG Spaghetti and Meatballs  
WG Garlic Bread  
Fresh Broccoli and Cauliflower  
Mixed Fruit

**24**  
Tasteful Tuesday!  
Chicken Wings: Chef's Choice or Plain with Brown Rice  
Homemade Potato Skins  
Celery Sticks  
Cinnamon Pears

**31**  
Chicken Nuggets  
Homemade Pasta Salad  
Fresh Corn Salad  
Cinnamon Pears

## Wednesday

**4**  
Chicken and Waffles:  
WG Waffle with Breaded Chicken Tenders  
Fresh Garden Salad  
Orange Smiles

**11**  
Fish Sticks or Cheese Quesadillas  
Sweet Potato Fries  
Fresh Garden Salad  
Mandarin Oranges

**18**  
WG Chicken Corndog  
Warm WG Soft Pretzel  
Baked Fries  
Fresh Broccoli  
Cinnamon apples

**25**  
Chicken Fajitas on WG Tortilla  
Brown Rice, Steamed Corn  
Fresh Green Beans  
Pineapple tidbits

## Thursday

**5**  
WG English Muffin Breakfast Sandwiches  
Fresh Broccoli and Cauliflower  
Chickpea Salad  
Diced Pears

**12**  
Chicken Tacos with Rice Plant  
Shredded Cheese  
Homemade Pico de Gallo  
Black Bean Salad  
Cinnamon apples

**19**  
Sloppy Joe or Tuna Fish Sandwich on WG Bun  
Celery Sticks  
Chickpea Salad  
Orange Smiles

**26**  
American Chop Suey  
WG Dinner Roll  
Fresh Broccoli and Cauliflower  
Mandarin Oranges

## Friday

**6**  
Homemade Breakfast Pizza or Cheese  
Fresh Carrot Coins  
Celery Sticks  
Cinnamon Apple Slices

**13**  
Whole Grain Pizza: Cheese or Pepperoni  
Fresh Green Beans  
Orange Smiles

**20**  
Whole Grain Pizza: Cheese or Pepperoni  
Fresh Vegetable Medley  
Fresh Apple Slices

**27**  
Chicken Patty On WG Bun  
Lettuce, Tomato  
Vegetarian Baked Beans  
Pineapple tidbits

HAPPY NATIONAL SCHOOL BREAKFAST WEEK!

We are proud to participate in the global movement of Meatless Monday by having every Monday's meal choice be meat free.

Assortments of vegetables and/or bean salads are offered daily to students on our salad bar.

Menu subject to change. WG = Whole Grain

