

October 2020 Lunch Menu – Classroom Feeding

Seabrook School District
Abigail Kaplan, School Nutrition Director

Monday

Tuesday

Wednesday

Thursday

Friday



Per USDA / state guidance and the approved national waiver, all meals are free for students (remote and in person) until December 31st, 2020.

Please be aware, this menu is subject to change.



Meatless Monday:

5
Egg and Cheese on WG English Muffin
Or Sunbutter and Jelly Sandwich
Hashbrown Patty
Celery Sticks
Fresh Apples

6
Hot Dogs on WG Bun
Or Turkey and Cheese on WW Tortilla
Bean Salad
Cucumber Rounds
Cinnamon Apple Slices

7
Build your own lunchable stacker:
Crackers, American Cheese, Turkey
Whole Grain Soft Pretzel
Or Tuna Fish Salad on WG Bun
Fresh Celery Sticks
Orange Smiles

1
Pizza Quesadilla
Or Tuna Fish Salad on WG Bun
Corn Salad
Pepper Slices
Pineapple Tidbits

2
Whole Grain Cheese Pizza
Or Turkey and Cheese on WW Tortilla
Chickpea Salad
Cucumber Rounds
Mixed Fruit

8
Baked WG Fish Sticks
WG Dinner Roll
Or Egg Salad on WG Hoagie Roll
Cold Edamame Salad
Fresh Apples

9
Whole Grain Cheese Pizza
Or Turkey and Cheese on WW Tortilla
Cucumber Rounds
Mixed Fruit
Dessert Surprise!

12
No School

13
WG Breaded Chicken Sticks
Or Turkey and Cheese on WW Tortilla
Colorful Pasta Salad
Cucumber Rounds
Mandarin Oranges

14
WG Waffles
Chicken Sausage
Or Tuna Fish Salad on WG Bun
Baby Carrots
Apple Slices

15
Chicken Bacon Ranch Grilled
Cheese Sandwich or
Egg Salad on WG hoagie Roll
Celery Sticks
Apple Slices

16
WG Cheese French Bread Pizza
Or Turkey and Cheese on WW Tortilla
Chickpea Salad
Cucumber Rounds
Mixed Fruit

19
Meatless Monday:
Chopped Veggie Taco Dip
Tortilla Chips
Shredded Cheese
Or Sunbutter and Jelly Sandwich
Celery Sticks
Fresh Apples

20
WG Chicken Corndogs
WG Dinner Roll or Turkey and Cheese on WW Tortilla
Mashed Potatoes
Fresh Baby Carrots
Sliced Peaches

21
Chicken Nuggets
Or Tuna Fish Salad on WG Bun
Cold Rice Salad
Celery Sticks
Orange Smiles

22
Meatball Subs on WG Hoagie Roll
Or Egg Salad on WG Hoagie Roll
White Cheddar Popcorn
Sugar Snap Peas
Diced Pears

23
Crispy Chicken Patty on WG Bun
Lettuce, Tomato
Or Turkey and Cheese on WW Tortilla
Fresh Baby Carrots
Mandarin Oranges

26
Meatless Monday:
Grilled Cheese Sandwich
Or Sunbutter and Jelly Sandwich
Fresh Baby Carrots
Pineapple Tidbits

27
Cheeseburgers on WG Bun
Or Turkey and Cheese on WW Tortilla
Lettuce, Tomato, Onions
Cinnamon Pears

28
Chicken Tenders with variety of dipping sauces
Or Egg Salad on WG Hoagie Roll
Seasoned Pasta
Cucumber Rounds
Mandarin Oranges

29
Build your own tacos:
WW Tortilla, seasoned chicken, cheddar cheese, mixed vegetable cup
Or Egg Salad on WG Hoagie Roll
Fresh Baby Carrots
Pineapple Tidbits

30
Chicken Sausage, Egg, and Cheese on WG English Muffin
Or Turkey and Cheese on WW Tortilla
Hashbrown Patty
Mixed Fruit

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

This institution is an equal opportunity provider.