

Seaford Elementary Lunch Menu

February 2023



1 Mini Waffles
With Sausage Patty
OR
Pulled Pork Sandwich

Fresh Zucchini
Baby Carrots
Assorted Fruit

Milk or Juice

2 Cheesy Pizza
OR
Chicken Snack Wrap

Raw Veggies
Assorted Fruit

Milk or Juice

3 Chicken Patty Sandwich
OR
Egg & Cheese Sandwich

Green Beans
Cucumber Slices
Fruit of the Day

Milk or Juice

6 Mac 'N Cheese
OR
Chicken Ranch Wrap

Carrot Coins
Celery Sticks

Assorted Fruit

Milk or Juice

7 Tacos with
Meat & Cheese
OR
Pizza Crunchers

Golden Corn
Baby Carrots
Assorted Fruit

Milk or Juice

8 French Toast Sticks
With Sausage Patty
OR
Hot Dog on a bun

Baked Beans
Grape Tomatoes
Assorted Fruit

Milk or Juice

9 Cheese Pizza
OR
BBQ Chicken & Cheddar
on a Roll

Broccoli Florets
Cucumber Slices
Assorted Fruit

Milk or Juice

10 **Free prize for all
who buy lunch today!**
Chicken Patty Sandwich
OR
Cheese Ravioli

Green Beans
Red Pepper Strips
Assorted Fruit

Milk or Juice

13 Chicken Poppers
OR
Pizza Sticks with
Marinara Sauce

Leafy Spinach
Baby Carrots
Assorted Fruit

Milk or Juice

14 **Happy Valentine's
Day!**
Soft Pretzel
With Cheese OR
NEW!! Chicken, Cheddar
& Rice Burrito

Black Beans/Raw Veggies
Sweetheart Strawberry
Cup

Milk or Juice

15 Dutch Waffle with
Yogurt Cup
OR
Chicken Quesadilla

Celery sticks

Assorted Fruit

Milk or Juice

16 Cheesy Pizza
OR
Cheeseburger on a bun

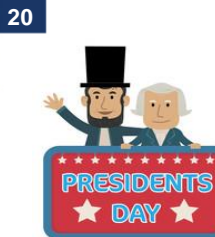
Fresh Cauliflower
Cucumber Coins
Assorted Fruit

Milk or Juice

17 Grilled Cheese
OR
Chicken Patty Sandwich

Golden Corn
Grape Tomatoes
Assorted Fruit

Milk or Juice



21 **SCHOOL
CLOSED**

22 **SCHOOL
CLOSED**

23 **SCHOOL
CLOSED**

24 **SCHOOL
CLOSED**

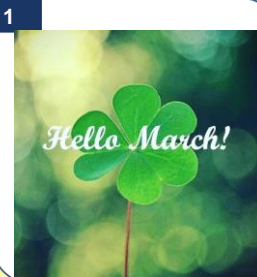
27 Mozzarella Sticks
With Marinara Sauce
OR
NEW!! Grilled Chicken
Caesar Wrap

French Fries
Baby Carrots
Fruit of the Day
Milk or Juice

28 Nachos with Meat
& Cheese
OR
Chicken "Parm" on a roll

Broccoli Florets
Red Pepper Strips
Assorted Fruit

Milk or Juice



2 **Check out the
Food Services Tab
on the
school website
for menus, account
info, nutrition tips
And more!**
**All lunches MUST
include
A fruit/juice or veg.**



Visit [MySchoolBucks.com](https://www.myschoolbucks.com) to put money on your child's lunch account. It's easy and convenient!

*No snacks can be charged without \$\$ on account.

Food Service Director: 516-592-4377

Lunch: **\$2.75** 2nd Entrée: **\$1.75**

Alternate Lunch Choices: WG **Bagel** w/butter or cc & string cheese
Or **Cereal Bowl** with graham crackers & string cheese

Milk Choices: Skim, 1%, and Fat-free Chocolate milk

Juice: 100% Juice (Apple, Fruit Punch or Orange)