



March

2023

Seaford High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Special News... Available Daily: Fresh Salad Bar Deli Bar with Boars Head Meats Burgers, Asst. Pizzas, Chicken Patty Sandwiches, Yogurt Parfaits Bagel Lunch 1% Milk Skim Milk Fat-Free Chocolate Milk <i>*All students must choose a fruit/juice or vegetable with their lunch</i> <i>*Romaine/Green Leaf Lettuce & Tomatoes available daily</i> <small>Menus are subject to change without notice.</small>
<p><i>Don't forget to Check out the Food Services Tab On the Website For menus, account info., nutritional tips and more!</i></p>		<p>1 Dutch Waffle With Sausage patty OR Grilled Chicken Caesar Wrap</p> <p>Celery Sticks Assorted Fruit</p> <p>Milk or Juice</p>	<p>2 Burrito with Meat & Cheese OR Chicken Ranch Pizza</p> <p>Great Northern Beans Baby Carrots</p> <p>Assorted Fruit Milk or Juice</p>	<p>3 Pizza Crunchers OR BBQ Cheddar Burger</p> <p>Potato Tots Cucumber Slices</p> <p>Assorted Fruit</p> <p>Milk or Juice</p>	
<p>6 Sloppy Joe on a Roll OR Mozzarella Sticks with Marinara Sauce</p> <p>Leafy Spinach Baby Carrots</p> <p>Assorted Fruit Milk or Juice</p>	<p>7 Mac 'N Cheese OR Salsa & Pepper Jack Burger</p> <p>Carrot Coins</p> <p>Assorted Fruit</p> <p>Milk or Juice</p>	<p>8 French Toast Sticks With Sausage OR Buffalo Chicken Wrap</p> <p>Cucumber Slices</p> <p>Assorted Fruit</p> <p>Milk or Juice</p>	<p>9 Chicken Quesadilla OR Cheeseburger Pizza</p> <p>Seasoned Quinoa Kernel Corn</p> <p>Assorted Fruit</p> <p>Milk or Juice</p>	<p>10 Pizza Bagel OR New: Fish Tacos</p> <p>Great Northern Beans Pepper Strips</p> <p>Assorted Fruit</p> <p>Milk or Juice</p>	
<p>13 Pulled Pork On a Roll OR Veggie & Cheese Flatbread Melt</p> <p>Baby Carrots</p> <p>Assorted Fruit Milk or Juice</p>	<p>14 Penne with Chicken & Broccoli OR Spicy Chicken Patty</p> <p>Carrot Coins</p> <p>Assorted Fruit</p> <p>Milk or Juice</p>	<p>15 Gen Tso's Chicken Fluffy Rice OR Ham, Egg & Cheese On a Roll</p> <p>Broccoli Florets</p> <p>Assorted Fruit Milk or Juice</p>	<p>16 Nachos with Meat & Cheese OR Buffalo Chicken Pizza</p> <p>Orzo & Beans Cucumber Slices</p> <p>Assorted Fruit Milk or Juice</p>	<p>17 Happy St. Patrick's Day! Grilled Cheese OR Pizza Crunchers</p> <p>French Fries GREEN Beans Assorted Fruit Milk or Juice</p>	
<p>20 Happy Spring!! Chicken Poppers OR 3-Cheese Quesadilla</p> <p>Buttered Noodles Carrot Coins</p> <p>Assorted Fruit Milk or Juice</p>	<p>21 Penne with Meat Sauce OR BBQ Chicken & Cheddar Flatbread</p> <p>Roasted Zucchini</p> <p>Assorted Fruit Milk or Juice</p>	<p>22 Dutch Waffle With Sausage Patty OR Mexican Burrito</p> <p>Great Northern Beans Cucumber Slices</p> <p>Assorted Fruit Milk or Juice</p>	<p>23 Homemade Chicken Vegetable Soup w/Dinner Roll OR Taco Pizza</p> <p>Broccoli Florets</p> <p>Assorted Fruit Milk or Juice</p>	<p>24 Breakfast Burrito OR Cheese Dog on a bun</p> <p>Sweet Potato Fries Celery Sticks</p> <p>Assorted Fruit Milk or Juice</p>	
<p>27 NEW! Max Pizza Quesadilla OR Mozzarella Sticks w/ Marinara Sauce</p> <p>Cucumber Slices</p> <p>Assorted Fruit Milk or Juice</p>	<p>28 Mac 'N Cheese OR Buffalo Chicken Wrap</p> <p>Red Pepper Strips</p> <p>Assorted Fruit</p> <p>Milk or Juice</p>	<p>29 NEW! Eggo Emoji Waffles With Yogurt Cup OR Grilled Cheese</p> <p>Carrot Coins</p> <p>Assorted Fruit Milk or Juice</p>	<p>30 Nachos with Meat & Cheese OR Chicken Ranch Pizza</p> <p>Golden Corn Baby Carrots</p> <p>Assorted Fruit Milk or Juice</p>	<p>31 Pizza Bagel OR Chicken & Cheese Quesadilla</p> <p>Great Northern Beans Cucumber Slices</p> <p>Assorted Fruit Milk or Juice</p>	

LUNCH PRICE: \$3.00 (2nd Entrée \$1.75)

FOOD SERVICE DIRECTOR: 516-592-4377

Special News...

Visit MySchoolBucks.com to put money on your child's lunch account and to check their balance.

Snacks, water and canned drinks available for purchase and cannot be charged unless there is \$\$ on account.



This institution is an equal opportunity provider.