

APRIL 2024

SEABROOK SCHOOL DISTRICT

Student lunch prices: \$2.50 Full price, 40 cents Reduced, FREE to those

who qualify

A la carte milk: 50 cents – choice of milk offered daily

2nd portion: \$1.00

Adult lunch (includes entrée and sides): \$4.15

Wednesday Thursday Monday **Tuesday** Friday **NEW MENU ITEM!!** **Chicken nuggets **PI77A **Cheese quesadilla **Chicken pesto sandwich **Assorted dipping sauce **Homemade bean chili NO SCHOOL! Fresh made salad with mozzarella cheese Stuffing & cranberry sauce **Tomato salsa Peaches **Pasta salad Roasted broccoli Steamed corn Chickpea salad Pineapple Mixed fruit **Pears** 4/1 -4/5 Cold Choices: Egg salad sandwich OR Salad! **SOLAR ECLIPSE DAY!** GO RED SOX! Opening day Chicken fajita bowl with **Cowboy spaghetti **PI77A **Homemade **Corn dog seasoned chicken and veggies Topped with taco style meat sauce Fresh made salad blazing mac & cheese Baked pretzel Brown rice & tortilla chips **Soft roll **Peaches** **Garlic bread Assorted condiments Pico de gallo & guacamole Roasted broccoli Cosmic carrots **Tater tots Corn and bean salad Pears Sunburst oranges Mixed fruit Mango 4/8 -4/12 Cold Choices: Pizza Lunchable OR Salad! **TASTY TUESDAY!** **Baked mozzarella sticks **Chicken mash bowl **Roasted turkey **PIZZA Come try a new menu sample (5) Homemade marinara sauce Served with corn, cheese & gravy **Homemade BBQ sauce Fresh made salad **Steak & cheese sub **Garlic bread **Corn muffin Baked potato Peaches Optional sautéed veggies Roasted broccoli Coleslaw **Cheesy cauliflower Chickpea salad Mixed fruit Orange slices Pears Pineapple 4/15 -419 Cold Choices: Sunbutter & jelly sandwich OR Salad! SCHOOL VACATION WEEK! Stay active and enjoy your break with some fresh air and fun outdoor activities 😊 **Homemade French toast With assorted fruit toppings! **Chicken drumstick **Brown rice pilaf Egg patty **Sweet potato wedges Yogurt **Hash brown Orange slices 4/29 -5/3 Cold Choices: Tuna sandwich OR Salad!

This institution is an equal opportunity employer

Please be sure to notify the school if your student has a food allergy or intolerance so that we may adjust food items accordingly. Due to supply and demand challenges, this menu is subject to change. Whole grain (WG) items served for all meals unless unavailable. https://www.sau21.org/sms/departments/cafeteria

https://www.sau21.org/ses/departments/cafeteria

We take pride in making a majority of our meal items from scratch! Entrée items marked with ** can be/are made gluten free. Note: all fruits and veggies are naturally gluten free Our daily "garden bar" includes additional fruits and veggies for students and staff to enjoy with their lunch!