

AUGUST & SEPTEMBER 2026

Seaford High School



AVAILABLE DAILY

Assorted Cereal
Yogurt w/ Grahams
Fruit & Juice Variety

Daily Lunch

PBJ w/ Cheddar Goldfish
Yogurt w/ Cheesestick & Grain
Assorted Fresh Fruits

Milk Choices

1% Unflavored
FF Chocolate or Strawberry

Daily Deli Offerings

Monday

Turkey Sub, Assorted Salads,
Cheeseburger, Domino's Pizza & Yogurt Parfait

Tuesday

Italian Sub, Assorted Salads,
Cheesesteak Sub, Chicken Tenders & Yogurt
Parfait

Wednesday

Ham Sub, Assorted Salads, Crispy & Spicy Chicken
Patty Sandwich, Pizza & Blue Jay Box

Thursday

Italian Sub, Nashville Chicken Nuggets,
Assorted Salads, Bacon Cheeseburger & Yogurt
Parfait

Friday

Assorted Subs, Assorted Salads, Beef Hot Dog,
Pizza & Assorted Meal Kits

**Monday
August 24**

Breakfast

Blueberry Crumb Cake

Lunch

Domino's Smart Slice
Pizza
Or
Max Sticks
w/Pizza Sauce
Seasoned Broccoli
Baby Carrots
Applesauce Cups

**Tuesday
August 25**

Breakfast

Breakfast Bar

Lunch

Shepherd's Pie w/
Biscuit
Or
Chicken Egg Rolls
Garden Peas
Cucumber Cup
Chilled Mixed Fruit

**Wednesday
August 26**

Breakfast

Blue Jay Breakfast
Sandwich

Lunch

Crispy or Spicy
Chicken Patty Sandwich
Or
Buffalo
Chicken Pizza
Sweet Potato Fries
Celery Sticks
Juicy Peaches

**Thursday
August 27**

Breakfast

Pigglegstick

Lunch

Walking Taco
Or
Chicken Fajitas
Shredded Lettuce &
Diced Tomato Cup
Chipotle Bean Salad
Cool Pears

**Friday
August 28**

Breakfast

Mini Apple Bites

Lunch

Popcorn Chicken
w/ Roll
Or
Meatball Sub
Fluffy Mashed
Potatoes
Buttery Corn
Fresh Apples Slices

**Monday
August 31**

Breakfast

Assorted Bread Slice

Lunch

Domino's Smart Slice
Pizza
Or
Rib BBQ Sandwich
Buttery Corn
Baby Carrots
Cool Pears

**Tuesday
September 1**

Breakfast

Breakfast Bun

Lunch

Shrimp Poppers &
Mac & Cheese
w/Cornbread
Or
Chicken Cheesesteak
Baked Beans
Celery Sticks
Chilled Mixed Fruit

**Wednesday
September 2**

Breakfast

Breakfast Burrito

Lunch

Chicken Drumstick w/
Biscuit
or
Pulled Pork Sandwich
Oven Fries
Cucumber Cup
Juicy Peaches

**Thursday
September 3**

Breakfast

Donuts

Lunch

General Tso's Chicken
w/Rice
Or
BBQ Teriyaki Chicken
w/ Rice
Seasoned Broccoli
Red & Green Pepper
Cup
Pineapple Tidbits

**Friday
September 4**

**No
School**

Welcome Back!!!

**ALL STUDENTS EAT ALL
MEALS AT NO COST
AGAIN THIS YEAR**

**This institution is an equal
opportunity provider.**

Monday
September 7

**No
School**

Tuesday
September 8

Breakfast
Breakfast Bar

Lunch
French Toast Sticks
w/ Sausage Patty
Or
Breakfast Pizza
Tator Tots
Celery Sticks
Apple Juice

Wednesday
September 9

Breakfast
Blue Jay Breakfast
Sandwich

Lunch
Lasagna w/ Breadstick
Or
Cheesesteak Sub
Mixed Vegetables
Garden Salad w/ Tomato
Juicy Peaches

Thursday
September 10

Breakfast
Pigglesstick

Lunch
Walking Taco
Or
Chicken Fajitas
Shredded Lettuce &
Diced Tomato Cup
Chipotle Bean Salad
Cool Pears

Friday
September 11

Breakfast
Mini Apple Bites

Lunch
Chicken Wings w/
Biscuit
Or
Fish Sandwich
Potato Wedges
Cucumber Cup
Fresh Apples Slices

**Payment options: Cash,
check or online at LINQ
Connect.**

**Information needed
Student first & last name
Student date of birth**

3 easy steps

**1.Register at
<https://linqconnect.com>**

2. Confirm Email

3. Sign in

- **Make online payment
for cafeteria meal
accounts**
- **Remotely monitor meal
accounts**
- **Set up automatic
payments**
- **Set up low balance e-
mail message alerts**

Monday
September 14

Breakfast
Assorted Bread Slice

Lunch
Domino's Smart Slice
Pizza
Or
Buffalo Chicken
Mac & Cheese
Buttery Corn
Baby Carrots
Juicy Peaches

Tuesday
September 15

**No
School**

Wednesday
September 16

Breakfast
Breakfast Burrito

Lunch
Chicken Tenders w/
Dinner Roll
Or
Hot Ham & Cheese on
Croissant
Baked Beans
Broccoli Salad
Chilled Mixed Fruit

Thursday
September 17

Breakfast
Donuts

Lunch
General Tso's
Chicken w/ Rice
Or
BBQ Teriyaki
Chicken w/ Rice
Bok Choy w/ Peppers
Cucumber Cup
Pineapple Tidbits

Friday
September 18

Breakfast
Toasted Pastry

Lunch
Nashville Hot
Chicken w/ Roll
Or
Italian Sub
Baked Fries
Red & Green Pepper
Cup
Fresh Apple Slices

Monday
September 21

Breakfast
Blueberry Crumb
Cake

Lunch
Domino's Smart
Slice Pizza
Or
Max Sticks
w/Pizza Sauce
Seasoned Broccoli
Baby Carrots
Applesauce Cups

Tuesday
September 22

Breakfast
Breakfast Bar

Lunch
Shepherd's Pie w/
Biscuit
Or
Chicken Egg Rolls
Garden Peas
Cucumber Cup
Chilled Mixed Fruit

Wednesday
September 23

Breakfast
Blue Jay Breakfast
Sandwich

Lunch
Crispy or Spicy
Chicken Patty
Sandwich
Or
Buffalo
Chicken Pizza
Sweet Potato Fries
Celery Sticks
Juicy Peaches

Thursday
September 24

Breakfast
Pigglesstick

Lunch
Walking Taco
Or
Chicken Fajitas
Shredded Lettuce
& Diced Tomato
Cup
Chipotle Bean
Salad
Cool Pears

Friday
September 25

Breakfast
Mini Apple Bites

Lunch
Popcorn Chicken
w/ Roll
Or
Meatball Sub
Fluffy Mashed
Potatoes
Buttery Corn
Fresh Apples Slices

Monday
September 28

Breakfast
Assorted Bread
Slice

Lunch
Domino's Smart
Slice Pizza
Or
Rib BBQ Sandwich
Buttery Corn
Baby Carrots
Cool Pears

Tuesday
September 29

Breakfast
Breakfast Bun

Lunch
Shrimp Poppers &
Mac & Cheese
w/Cornbread
Or
Chicken Cheesesteak
Baked Beans
Celery Sticks
Chilled Mixed Fruit

Wednesday
September 30

Breakfast
Breakfast Burrito

Lunch
Chicken Drumstick
w/ Biscuit
or
Pulled Pork
Sandwich
Oven Fries
Cucumber Cup
Juicy Peaches