

Menus for **Jays**

December 2022

This institution is an equal opportunity provider. Menus are subject to change.

Seaford K5 Menu

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

What's on YOUR plate?



SEAFORD SCHOOL DISTRICT NUTRITION SERVICES

Available Daily

Breakfast
Asst. Cereal or Yogurt w/ Graham

Lunch
PBJ w/ Cheesestick & Goldfish Cracker
Yogurt w/ Cheesestick & Grain
Freshly Made Salads
Milk Choice: 1% Unflavored, FF Chocolate or Strawberry

Happy Holidays!



Beware of Mistletoe!

Thursday, December 1

Breakfast
Pigglestick
Fruit & Juice Variety

Lunch
Beef Nachos
Glazed Carrot Coins
Zesty Salsa Cup
Shredded Lettuce & Tomato
Cool Pears
Assorted Fresh Fruit

Friday, December 2

Breakfast
Appleway Bars
Fruit & Juice Variety

Lunch
Chicken Sliders
Buttery Corn
Cucumber Cup
Appleslices
Assorted Fresh Fruit

Holiday Bullseye!


Turkey is the star attraction on many of our Holiday tables -- and this tasty bird is a nutrition star, too!
Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!

Monday, December 5

BREAKFAST
MINI WAFFLES
FORKY FRUIT VARIETY

LUNCH
CHUCKLES CHICKEN TENDERS @/ ROLL
BUZZ BAKED BEANS
BO BEEP BABY CARROTS
ANDY APPLESAUCE
ALIENS ASSY FRUIT

"NAME THAT MOVIE"

 **DISNEY DAY**

Tuesday, December 6

Breakfast
Breakfast Bun
Fruit & Juice Variety

Lunch
Spaghetti w/ Meat Sauce & Garlic Breadstick
Steamed Green Beans
Garden Salad w/ Tomatoes
Side Kick Icy
Assorted Fresh Fruit

Wednesday, December 7

Breakfast
Mini Pancakes
Fruit & Juice Variety

Lunch
Deep Dish Pizza
Glazed Carrot Coins
Celery Cup
Chilled Mixed Fruit
Assorted Fresh Fruit

Thursday, December 8

Breakfast
Pigglestick
Fruit & Juice Variety

Lunch
Mandarin Orange Chicken w/ Rice
Steamed Broccoli
Cucumber Cup
Pineapple Tidbits
Assorted Fresh Fruit

Friday, December 9

Breakfast
Asst. Toasted Pastry
Fruit & Juice Variety

Lunch
Meatball Sub
Oven Fries
Baby Carrots
Appleslices
Assorted Fresh Fruit



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, December 12

Breakfast

Asst. Bread Slices
Fruit & Juice Variety

Lunch

Popcorn Chicken w/ Roll
Fluffy Mashed Potatoes
Baby Carrots
Juicy Peaches
Assorted Fresh Fruit

Tuesday, December 13

Breakfast

Breakfast Bar
Fruit & Juice Variety

Lunch

Beef Hot Dog
Warm Baked Beans
Cucumber Cup
Chilled Applesauce
Assorted Fresh Fruit

Wednesday, December 14

Breakfast

Cinnamon Rush French Toast
Fruit & Juice Variety

Lunch

Max Sticks w/ Pizza Sauce
Mixed Vegetables
Broccoli Trees
Frozen Fruit Cup
Assorted Fresh Fruit

Thursday, December 15

Breakfast

Piggletstick
Fruit & Juice Variety

Lunch

Walking Taco
Zesty Corn
Zesty Salsa Cup
Lettuce & Tomato Cup
Cool Pears
Assorted Fresh Fruit

Friday, December 16

Breakfast

Appleway Bars
Fruit & Juice Variety

Lunch

Holiday Nuggets w/ Roll
Sweet Potato Fries
Celery Cup
Appleslices
Assorted Fresh Fruit

Holiday Helpings!

It's fine to indulge in a sweet treat or fatty food on occasion during the holidays -- just try not to get carried away! In the puzzle below, see if you can find these twelve foods.

brownie butter chocolate danish fudge
gravy ice cream margarine
mayonnaise pie sugar cookie syrup

Answers could run left to right, top to bottom, or diagonally. We've given you the first one to get you started. Good luck!

S	E	C	H	O	C	O	L	A	T	E	M
U	D	A	N	I	S	H	W	P	H	W	A
G	K	A	V	Q	C	L	I	I	G	M	R
A	E	A	N	B	U	T	T	E	R	S	G
R	M	B	T	I	P	K	A	R	A	H	A
C	A	N	R	U	C	A	N	E	V	R	R
O	E	B	R	O	A	E	T	E	Y	I	I
O	L	Y	E	I	W	T	C	R	K	M	N
K	S	U	D	G	E	N	R	R	E	P	E
I	R	G	P	O	R	K	I	I	E	B	K
E	L	E	F	U	D	G	E	E	L	A	Z
R	M	A	Y	O	N	N	A	I	S	E	M

Monday, December 19

Breakfast

Mini Waffle
Fruit & Juice Variety

Lunch

Chicken Drumstick w/ Cornbread
Buttery Corn
Baby Carrots
Chilled Applesauce
Assorted Fresh Fruit
Holiday Cookie

Tuesday, December 20

Breakfast

Breakfast Bun
Fruit & Juice Variety

Lunch

Cheeseburger
Warm Baked Beans
Baby Carrots
Frozen Fruit Cup
Assorted Fresh Fruit

Wednesday, December 21

No School Today



Professional Day for Our Teachers



FUZZY MATH.

Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can claim zero grams. And if you eat 4 or 5 servings, that adds up. Want to be sure? If "partially hydrogenated" oil is listed in the ingredients, then the food definitely contains trans fat.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Time to turn the page!

Winter Holiday begins at the end of classes
Tuesday, December 20

Classes resume:
Tuesday, January 3

We look forward to serving you in 2023!