

AUGUST & SEPTEMBER 2026

Seaford Middle School



**AVAILABLE
DAILY**

Daily Breakfast

Assorted Cereal
Yogurt w/ Grahams
Fruit & Juice Variety

Daily Lunch

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

Milk Choices

1% Unflavored
FF Chocolate or Strawberry

**Monday
August 24**

Breakfast

Appleway Bars

Lunch

Stuffed Crust Pizza
Or
Buffalo Chicken Pizza
Sweet Potato Fries
Baby Carrots
Applesauce Cups

**Tuesday
August 25**

Breakfast

Pancakes

Lunch

Meatball Sub
Or
Grilled Cheese
w/ Tomato Soup
Garden Peas
Celery Sticks
Side Kick Icy

**Wednesday
August 26**

Breakfast

Breakfast Bar

Lunch

Crispy or Spicy
Chicken Patty
Sandwich
Or
Rib BBQ Sandwich
Seasoned Broccoli
Cucumber Cup
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 Cinis

Lunch

Popcorn Chicken w/
Dinner Roll
Or
Turkey & Cheese Sub
Fluffy Mashed Potatoes
Buttery Corn
Fresh Apples Slices

**Monday
August 31**

Breakfast

Donuts

Lunch

Chicken Nuggets w/
Dinner Roll
Or
Pork BBQ Sandwich
Oven Baked Fries
Baby Carrots
Cool Pears

**Tuesday
September 1**

Breakfast

Bacon, Egg &
Cheese Pocket

Lunch

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

**Wednesday
September 2**

Breakfast

Breakfast Bun

Lunch

Max Sticks w/ Pizza
Sauce
or
Italian Sub
Buttery Corn
Cucumber Cup
Juicy Peaches

**Thursday
September 3**

Breakfast

Breakfast Burrito

Lunch

General Tso's Chicken
w/ Fried Rice
Or
Chicken Eggroll
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
Pancakes

Lunch
Chicken Wings
w/ Biscuit
Or
Tuna Salad Sandwich
Crispy Potato Wedges
Celery Sticks
Juicy Peaches

**Wednesday
September 9**

Breakfast
Breakfast Bar

Lunch
Mandarin Orange
Chicken w/ Rice
Or
Crispy Fish Sandwich
Glazed Carrots
Crazy Bean Salad
Side Kick Icy

**Thursday
September 10**

Breakfast
Pigglegstick

Lunch
French Toast w/
Sausage Patty
Or
Breakfast Pizza
Tator Tots
Cucumber Cup
Apple Juice

**Friday
September 11**

Breakfast
Mini Cinis

Lunch
Cheesesteak Sub
Or
Blue Jay Sandwcih
Seasoned Broccoli
Red & Green Pepper
Cup
Fresh Apple 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

Donuts

Lunch

Chicken Tenders w/
Waffle
Or
Hot Ham & Cheese on
Pretzel Bun
Baked Beans
Baby Carrots
Juicy Peaches

**Tuesday
September 15**

**No
School**

**Wednesday
September 16**

Breakfast

Breakfast Bun

Lunch

Pizza Crunchers
Or
Pulled BBQ
Chicken Sandwich
Glazed Carrots
Broccoli Salad
Chilled Mixed Fruit

**Thursday
September 17**

Breakfast

Breakfast Burrito

Lunch

General Tso's
Chicken w/ Rice
Or
Chicken Potstickers
Bok Choy w/ Red Peppers
Cucumber Cup
Pineapple Tidbits

**Friday
September 18**

Breakfast

Toasted Pastry

Lunch

Nashville Hot Chicken
w/ Dinner Roll
Or
Italian Sub
Oven Fries
Celery Sticks
Fresh Apple Slices

**Monday
September 21**

Breakfast

Appleway Bars

Lunch

Stuffed Crust Pizza
Or
Buffalo Chicken
Pizza
Sweet Potato Fries
Baby Carrots
Applesauce Cups

**Tuesday
September 22**

Breakfast

Pancakes

Lunch

Meatball Sub
Or
Grilled Cheese
w/ Tomato Soup
Garden Peas
Celery Sticks
Side Kick Icy

**Wednesday
September 23**

Breakfast

Breakfast Bar

Lunch

Crispy or Spicy
Chicken Patty
Sandwich
Or
Rib BBQ Sandwich
Seasoned Broccoli
Cucumber Cup
Juicy Peaches

**Thursday
September 24**

Breakfast

Pigglegstick

Lunch

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

**Friday
September 25**

Breakfast

Mini Cinis

Lunch

Popcorn Chicken
w/ Dinner Roll
Or
Turkey & Cheese
Sub
Fluffy Mashed
Potatoes
Buttery Corn
Fresh Apples Slices

**Monday
September 28**

Breakfast

Donuts

Lunch

Chicken Nuggets
w/ Dinner Roll
Or
Pork BBQ
Sandwich
Oven Baked Fries
Baby Carrots
Cool Pears

**Tuesday
September 29**

Breakfast

Bacon, Egg &
Cheese Pocket

Lunch

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

**Wednesday
September 30**

Breakfast

Breakfast Bun

Lunch

Max Sticks w/
Pizza Sauce
or
Italian Sub
Buttery Corn
Cucumber Cup
Juicy Peaches