

AUGUST & SEPTEMBER 2023

Seafood 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 28th

Breakfast
Asst. Sliced Breads

Lunch
Crispy or Spicy
Chicken Patty
Or
Pulled Pork Sandwich
Sweet Potato Fries
Baby Carrots
Applesauce Cups

Tuesday
August 29th

Breakfast
Breakfast Bun

Lunch
Cheese Steak Sub
Or
Grilled Cheese w/
Tomato soup
Crispy Fries
Cucumber Veggie Cup
Chilled Mixed Fruit

Wednesday
August 30th

Breakfast
Confetti Pancakes

Lunch
Papa John's Pizza
Or
Buffalo Chicken Pizza
Glazed Carrots
Fresh Broccoli Trees
Frozen Fruit Cup

Thursday
August 31st

Breakfast
Pigglestick

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

Friday
September 1st

No
School

Monday
September 4th

Happy
Labor
Day

Tuesday
September 5th

Breakfast
Mini Waffle

Lunch
Shrimp Poppers w/
Mac & Cheese
Or
Chicken Cheese Steak
Seasoned Green Beans
Cucumber Veggie Cup
Chilled Mixed Fruit

Wednesday
September 6th

Breakfast
Breakfast Bun

Lunch
Max Sticks w/ Pizza
or
Rib BBQ Sandwich
Buttery Corn
Baby Carrots
Juicy Peaches

Thursday
September 7th

Breakfast
Pigglestick

Lunch
Deep Dish Pizza
Or
Ham & Cheese on
Pretzel Bun
Seasoned Broccoli
Red & Green Pepper
Veggie Cup
Frozen Fruit Cup

Friday
September 8th

Breakfast
Banana Chocolate
Chunk BeneFIT Bar

Lunch
Cheeseburger
Or
Beef Hot Dog
Baked Beans
Baby Carrots
Fresh Apple Slices

Welcome Back!!!

ALL STUDENTS EAT ALL
MEALS AT NO COST
AGAIN THIS YEAR

This institution is an equal
opportunity provider.

Monday September 11th	Tuesday September 12th	Wednesday September 13th	Thursday September 14th	Friday September 15th
<u>Breakfast</u> Blueberry Crumb Cake	<u>Breakfast</u> Breakfast Bun	<u>Breakfast</u> Confetti Pancakes	<u>Breakfast</u> Pigglesstick	<u>Breakfast</u> Toasted Pastry
<u>Lunch</u> Chicken Wings w/ Roll Or Pulled Pork Sandwich Sweet Potato Fries Cucumber Veggie Cup Juicy Peaches	<u>Lunch</u> French Toast w/ Sausage Patty Or Breakfast Pizza Tater Tots Baby Carrots Orange Juice	<u>Lunch</u> Papa John's Pizza Or Cheese Quesadilla Mixed Vegetables Fresh Broccoli Trees Side Kick Icy	<u>Lunch</u> Meatball Sub Or Crispy Fish Sandwich Glazed Carrots Cucumber Veggie Cup Cool Pears	<u>Lunch</u> Nashville Hot Chicken w/ Roll Or Italian Sub Baked Beans Celery Sticks Fresh Apple Slices

Monday September 18th	Tuesday September 19th	Wednesday September 20th	Thursday September 21st	Friday September 22nd
<u>Breakfast</u> Asst. Bread Slices	<u>Breakfast</u> Pancake & Sausage Sandwich	<u>Breakfast</u> Breakfast Bun	<u>Breakfast</u> Pigglesstick	<div>  </div>
<u>Lunch</u> Chicken Tenders w/ Dinner Roll Or Hot Ham & Cheese on Pretzel bun Crispy Fries Baked Beans Applesauce Cup	<u>Lunch</u> Spaghetti w/ Meat Sauce & Garlic Breadstick Or Crispy Chicken Wrap Seasoned Green Beans Garden Salad w/ Grape Tomatoes Frozen Fruit Cup Pirate Popcorn	<u>Lunch</u> Pizza Crunchers Or Turkey & Cheese Sub Marinated Vegetable Salad Baby Carrots Chilled Mixed Fruit	<u>Lunch</u> Mandarin Orange Chicken w/ Rice Or BBQ Teriyaki Chicken W/ Rice Seasoned Broccoli Bok Choy w/ Red Peppers Pineapple Tidbits	

Monday September 25th	Tuesday September 26th	Wednesday September 27th	Thursday September 28th	Friday September 29th
<u>Breakfast</u> Blueberry Crumb Cake	<u>Breakfast</u> Breakfast Bun	<u>Breakfast</u> Confetti Pancakes	<u>Breakfast</u> Pigglesstick	<u>Breakfast</u> Toasted Pastry
<u>Lunch</u> Crispy or Spicy Chicken Patty Or Pulled Pork Sandwich Sweet Potato Fries Baby Carrots Applesauce Cups	<u>Lunch</u> Cheese Steak Sub Or Grilled Cheese w/ Tomato soup Crispy Fries Cucumber Veggie Cup Chilled Mixed Fruit	<u>Lunch</u> Papa John's Pizza Or Buffalo Chicken Pizza Glazed Carrots Fresh Broccoli Trees Frozen Fruit Cup	<u>Lunch</u> Walking Taco Or Chicken Fajitas Chipotle Bean Salad Shredded Lettuce & Diced Tomato Cup Cool Pears	<u>Lunch</u> Popcorn Chicken w/ Buttermilk Biscuit Or Turkey & Cheese Sub Fluffy Mashed Potatoes Celery Sticks Warm Cinnamon Apples

New on-line meal payments system is 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