

Menus for *Jays*

December 2022

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

Seaford Middle School

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

SEAFORD SCHOOL DISTRICT NUTRITION SERVICES



What's on YOUR plate?

DAIRY

Available Daily

Breakfast
Asst. Cereal or Yogurt w/ Graham

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

Happy Holidays!



Beware of Mistletoe!

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!



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 5

Breakfast
Mini Waffles
Fruit & Juice Variety

Lunch
Crispy Chicken Tenders w/ Roll
or
Hot Ham & Cheese on Pretzel
Warm Baked Beans
Baby Carrots
Chilled Applesauce
Assorted Fresh Fruit

Tuesday, December 6

Breakfast
Breakfast Bun
Fruit & Juice Variety

Lunch
Spaghetti w/ Meat Sauce & Garlic Breadstick
or
Chicken Wrap
Steamed Green Beans
Garden Salad w/ Tomatoes
Frozen Fruit Cup
Assorted Fresh Fruit

Wednesday, December 7

Breakfast
Mini Pancakes
Fruit & Juice Variety

Lunch
Pizza Crunchers
or
Turkey & Cheese Sub
Marinated Vegetable Salad
Baby Carrots
Chilled Mixed Fruit
Assorted Fresh Fruit

Thursday, December 8

Breakfast
Pigglestick
Fruit & Juice Variety

Lunch
Mandarin Orange Chicken w/ Rice
or
BBQ Teriyaki Chicken w/ Rice
Steamed Broccoli
Bok Choy w/ Red Peppers
Pineapple Tidbits
Assorted Fresh Fruit

Friday, December 9

Breakfast
Asst. Toasted Pastry
Fruit & Juice Variety

Lunch
Shepherd's Pie w/ Biscuit
or
Italian Sub
Garden Peas
Cucumber Cup
Appleslices
Assorted Fresh Fruit

Thursday, December 1

Breakfast
Pigglestick
Fruit & Juice Variety

Lunch
Walking Taco
or
Chicken Fajita Wrap
Zesty Corn
Zesty Salsa Cup
Lettuce & Tomato Cup
Cool Pears
Assorted Fresh Fruit

Friday, December 2

Breakfast
Appleway Bars
Fruit & Juice Variety

Lunch
Nashville Hot Chicken w/ Roll
or
Italian Sub
Warm Baked Beans
Baby Carrots
Appleslices
Assorted Fresh Fruit

Monday, December 12

Breakfast

Asst. Bread Slices
Fruit & Juice Variety

Lunch

Crispy or Spicy Chicken Patty
or
Grilled Cheese Sandwich
w/ Tomato Soup
Red/Green Pepper Veggie Cup
Chilled Applesauce
Assorted Fresh Fruit

Tuesday, December 13

Breakfast

Breakfast Bar
Fruit & Juice Variety

Lunch

Cheesesteak Sub
or
Meatball Sub
Crispy Oven Fries
Cucumber Cup
Chilled Mixed Fruit
Assorted Fresh Fruit

Wednesday, December 14

Breakfast

Cinnamon Rush French Toast
Fruit & Juice Variety

Lunch

Papa John's Pizza
or
Buffalo Chicken Pizza
Glazed Carrot Coins
Broccoli Trees
Side Kicks Icy
Assorted Fresh Fruit

Thursday, December 15

Breakfast

Pigglestick
Fruit & Juice Variety

Lunch

Walking Taco
or
Chicken Fajita Wrap
Chipotle Bean Salad
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
or
Turkey & Cheese on Bun
Sweet Potato Fries
Celery Cup
Juicy Peaches
Assorted Fresh Fruit
Holiday Cookie

Monday, December 19

Breakfast

Mini Waffle
Fruit & Juice Variety

Lunch

Crispy Chicken Nuggets
w/ Roll
or
Pulled Pork Sandwich
Steamed Mixed Vegetables
Baby Carrots
Chilled Applesauce
Assorted Fresh Fruit

Tuesday, December 20

Breakfast

Breakfast Bun
Fruit & Juice Variety

Lunch

Cheeseburger
or
Beef Hot Dog
Warm Baked Beans
Baby Carrots
Frozen Fruit Cup
Assorted Fresh Fruit

Wednesday, December 21

No School Today



Professional Day
for Our Teachers



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

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.

49 = 0.22

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!