Pre-K @ Seaford HS



Schools are Closed for Students April 18-April 27 for Spring Break.

AVAILABLE DAILY

Daily Breakfast

Assorted Cereal Yogurt w/ Grahams Fruit & Fruit Juice Variety

Daily Lunch

PBJ w/ Cheddar Goldfish Yogurt w/ Cheesestick& Grain

> Milk Choice 1% Unflavored

Monday March 31

No School

Tuesday April 1

Breakfast

Mini Cinis

Lunch

Shrimp Poppers w/ Mac & Cheese Seasoned Green Beans Chilled Mixed Fruit

Wednesday

Breakfast

Assorted Muffins

April 2

Lunch

Chicken Drumstick w/ Biscuit **Oven Baked Fries** Juicy Peaches

Thursday April 3

Breakfast

Pigglestick

Lunch

General Tso's Chicken w/ Rice Steamed Broccoli **Pineapple Tidbits**

Friday April 4

Breakfast

Assorted Cereal

Lunch

Cheeseburger Baked Beans Fresh Apple Slices

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

Monday April 7	Tuesday April 8	Wednesday April 9	Thursday April 10	Friday April 11
<u>Breakfast</u> Assorted Muffins	<u>Breakfast</u> Blueberry Crumb Cake Raisins/Craisins	<u>Breakfast</u> Mini Bagels	<u>Breakfast</u> Pigglestick	Breakfast Froot Loop Waffles
Lunch Mandarin Orange Chicken w/ Rice Seasoned Broccoli Applesauce Cup	Lunch French Toast Sticks w/ Sausage Patty Tater Tots Orange Juice	Lunch Chicken Wings w/ Biscuit Crispy Potato Wedges Frozen Fruit Cup	Lunch Beef Nachos w/ Scoops Glazed Carrots Orange Wedges	Lunch Hot Dog Mixed Vegetables Fresh Apple Slices
Monday April 14	Tuesday April 15	Wednesday April 16	Thursday April 17	Friday April 18
<u>Breakfast</u> Assorted Bread Slices	<u>Breakfast</u> Mini Cinis	<u>Breakfast</u> Assorted Muffins	<u>Breakfast</u> Pigglestick	
Lunch Domino's Smart Slice Pizza Buttery Corn Juicy Peaches	Lunch Spaghetti & Meat Sauce w/ Breadstick Seasoned Green Beans Frozen Fruit Cup	Lunch Chicken Tenders Baked Beans Chilled Mixed Fruit	Lunch General Tso's Chicken w/ Rice Bok Choy w/ Red Peppers Pineapple Tidbits	No School
Monday April 28	Tuesday April 29	Wednesday April 30		
<u>Breakfast</u> Assorted Muffins	<u>Breakfast</u> Blueberry Crumb Cake	<u>Breakfast</u> Mini Bagels		
<u>Lunch</u>	<u>Lunch</u>	Lunch		

Chicken Patty

Sandwich

Sweet Potato Fries

Juicy Peaches

Grilled Cheese

Sandwich

Garden Peas

Chilled Mixed Fruit

Max Sticks w/

Pizza Sauce

Seasoned Broccoli

Applesauce Cups

How do you know flowers are friendly?

They always have new buds.



What do you call a well-dressed lion?

A dandy lion



What is the flower's favorite kind of pickle?

A daffo-dill

K-5



Schools are Closed for Students April 18-27 for Spring Break.

AVAILABLE

Daily Breakfast

Assorted Cereal Yogurt w/ Grahams Fruit & Fruit Juice Variety

Daily Lunch

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

Milk Choice

1% Unflavored FF Chocolate or Strawberry

Monday March 31	
	E
No School	

Tuesday April 1

<u>Breakfast</u>

Blueberry Crumb Cake

<u>Lunch</u>

Grilled Cheese Sandwich Baked Beans Baby Carrots Side Kick Icy Tomato Soup

Wednesday April 2

Breakfast

Breakfast Bun

Lunch

Pizza Crunchers Buttery Corn Celery Sticks Juicy Peaches

Thursday April 3

Breakfast

Pigglestick

Lunch

Shrimp Poppers w/
Mac & Cheese
Cornbread
Glazed Carrots
Fresh Broccoli
Frozen Fruit Cup

Friday April 4

Breakfast

Toasted Pastry

<u>Lunch</u>

Popcorn Chicken
w/ Roll
Fluffy Mashed
Potatoes
Cucumber Veggie Cup
Fresh Apple Slices

ALL STUDENTS EAT ALL MEALS AT NO COST AGAIN THIS YEAR

Monday April 7	Tuesday April 8	Wednesday April 9	Thursday April 10	Friday April 11	
<u>Breakfast</u> Assorted Muffins	<u>Breakfast</u> Pancakes	<u>Breakfast</u> Breakfast Bar	<u>Breakfast</u> Pull Apart Donuts	<u>Breakfast</u> Mini Cini	
Lunch Regular or Spicy Chicken Patty Sandwich Mixed Vegetables Baby Carrots Juicy Peaches	Lunch Dominos Smart Slice Pizza Seasoned Broccoli Celery Sticks Chilled Mixed Fruit Fiesta Soup	Lunch French Toast Sticks w/ Sausage Patty Tator Tots Cucumber Veggie Cup Orange Tangerine Juice	Lunch Beef Nachos w/ Scoops Shredded Lettuce & Diced Tomato Cup Black Bean & Corn Salsa Cool Pears	Lunch Hot Ham & Cheese on Pretzel Bun Buttery Corn Red & Green Pepper Veggie Cup Fresh Apple Slices	S
Monday April 14	Tuesday April 15	Wednesday April 16	Thursday April 17	Friday April 18	
<u>Breakfast</u> Assorted Bread Slices	<u>Breakfast</u> Blueberry Crumb Cake	<u>Breakfast</u> Breakfast Bun	<u>Breakfast</u> Pigglestick		
Lunch Chicken Tenders w/ Dinner Roll Baked Beans Baby Carrots Applesauce Cups	Lunch Spaghetti & Meat Sauce w/ Breadstick Seasoned Green Beans Garden Salad w/ Tomatoes Frozen Fruit Cup	Lunch Deep Dish Pizza Or Blue Jay Box Oven Baked Fries Cucumber Veggie Cup Chilled Mixed Fruit Chicken Noodle Soup	Lunch Mandarin Orange Chicken w/ Rice Seasoned Broccoli Red & Green Pepper Veggie Cup Pineapple Tidbits	No School	•
Monday April 28	Tuesday April 29	Wednesday April 30			
<u>Breakfast</u> Assorted Muffins	<u>Breakfast</u> Pancakes	<u>Breakfast</u> Breakfast Bar			•
Lunch Chicken Nuggets w/ Dinner Roll Oven Baked Fries Wango Mango Veggie Juice Juicy Peaches	Lunch Hot Dog Baked Beans Cucumber Veggie Cup Applesauce Cups	Lunch Max Sticks w/ Pizza Sauce Seasoned Broccoli Celery Sticks Mandarin Oranges Wedding Soup			•

Payment Options:

Cash, check or online

payments at

LINQ Connect.

Information needed:

Student first \(\) last name

Student date of birth



3 Easy Steps!

I.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

Pre-K@CE



Schools are Closed for Students April 18-27 for Spring Break.

AVAILABLE DAILY

Daily Breakfast

Assorted Cereal Yogurt w/ Grahams Fruit & Fruit Juice Variety

Daily Lunch

PBJ w/ Cheddar Goldfish Yogurt w/ Cheesestick& Grain

Milk Choice

1% Unflavored

Monday March 31

No School

Tuesday April 1

Breakfast

Mini Cinis Raisins

Lunch

Grilled Cheese Sandwich Baked Beans Baby Carrots Side Kick Icy Tomato Soup

Wednesday April 2

Breakfast

Assorted Muffins

Lunch

Pizza Crunchers Buttery Corn Celery Sticks Juicy Peaches

Thursday April 3

Breakfast

Pigglestick

Lunch

Shrimp Poppers w/
Mac & Cheese
Glazed Carrots
Fresh Broccoli
Frozen Fruit Cup

Friday April 4

Breakfast

Assorted Cereal

Lunch

Popcorn Chicken Fluffy Mashed Potatoes Cucumber Veggie Cup Fresh Apple Slices ALL STUDENTS EAT ALL MEALS AT NO COST AGAIN THIS YEAR

Monday April 7	Tuesday April 8	Wednesday April 9	Thursday April 10	Friday April 11	
<u>Breakfast</u> Assorted Muffins	<u>Breakfast</u> Blueberry Crumb Cake	<u>Breakfast</u> Mini Bagels Craisins	<u>Breakfast</u> Pigglesticks	<u>Breakfast</u> Fruit Loop Waffles	
Lunch Chicken Patty Sandwich Mixed Vegetables Baby Carrots Juicy Peaches	Lunch Dominos Smart Slice Pizza Seasoned Broccoli Celery Sticks Chilled Mixed Fruit Fiesta Soup	Lunch French Toast Sticks w/ Sausage Patty Tator Tots Cucumber Veggie Cup Orange Tangerine Juice	Lunch Beef Nachos w/ Scoops Shredded Lettuce & Diced Tomato Cup Black Bean & Corn Salsa Cool Pears	Lunch Hot Ham & Cheese on Pretzel Bun Buttery Corn Red & Green Pepper Veggie Cup Fresh Apple Slices	
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Monday April 14	Tuesday April 15	Wednesday April 16	Thursday April 17	Friday April 18	
<u>Breakfast</u> Assorted Bread Slices	<u>Breakfast</u> Mini Cinis	<u>Breakfast</u> Assorted Muffins	<u>Breakfast</u> Pigglestick		
Lunch Chicken Tenders Baked Beans Baby Carrots Applesauce Cups	Lunch Spaghetti & Meat Sauce w/ Breadstick Seasoned Green Beans Garden Salad w/ Tomatoes Frozen Fruit Cup	Lunch Deep Dish Pizza Oven Baked Fries Cucumber Veggie Cup Chilled Mixed Fruit Chicken Noodle Soup	Lunch Mandarin Orange Chicken w/ Rice Seasoned Broccoli Red & Green Pepper Veggie Cup Pineapple Tidbits	No School	
Monday April 28	Tuesday April 29	Wednesday April 30			
<u>Breakfast</u> Assorted Muffins	<u>Breakfast</u> Blueberry Crumb Cake	<u>Breakfast</u> Mini Bagels			

Lunch

Max Sticks w/

Pizza Sauce

Seasoned Broccoli

Celery Sticks

Mandarin Oranges **Wedding Soup**

Lunch

Hot Dog

Baked Beans

Applesauce Cups

Wango Mango Veggie Cucumber Veggie Cup

Raisins

Lunch

Chicken Nuggets

Oven Baked Fries

Juice

Juicy Peaches

How do you know flowers are friendly?

They always have new buds.



What do you call a well-dressed lion?

A dandy lion.



What is the flower's favorite kind of pickle?

A daffo-dill

SMS



Schools are Closed for Students April 18-April 27 for Spring Break.

No School

Monday

March 31

Tuesday April 1

Breakfast

Blueberry Crumb Cake

<u>Lunch</u>

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

Wednesday April 2

Breakfast

Breakfast Bun

Lunch

Max Sticks w/
Pizza Sauce
Italian Sub
Buttery Corn
Cucumber Veggie Cup
Juicy Peaches
Chicken Noodle Soup

Thursday April 3

Breakfast

Pigglestick

Lunch

Friday April 4

<u>Breakfast</u>

Toasted Pasteries

Lunch

Cheeseburger
Hot Dog
Baked Beans
Baby Carrots
Fresh Apple Slices

AVAILABLE DAILY

Daily Breakfast

Assorted Cereal Yogurt w/ Grahams Fruit & Fruit Juice Variety

Daily Lunch

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

Milk Choice

1% Unflavored FF Chocolate or Strawberry

ALL STUDENTS EAT ALL MEALS AT NO COST AGAIN THIS YEAR

Monday April 7	Tuesday April 8	Wednesday April 9	Thursday April 10	Friday April 11	
<u>Breakfast</u> Assorted Muffins	<u>Breakfast</u> Pancakes	<u>Breakfast</u> Breakfast Bar	<u>Breakfast</u> Pull Apart Donuts	<u>Breakfast</u> Mini Cinis	
Lunch Domino's Cheese or Pepperoni Smart Slice Pizza Seasoned Broccoli Baby Carrots Applesauce Cups	Lunch Chicken Wings w/ Biscuit Turkey & Cheese Sandwich Crispy Potato Wedges Cucumber Veggie Cup Mandarin Oranges	Lunch Mandarin Orange Chicken w/ Rice Crispy Fish Sandwich Glazed Carrots Crazy Bean Salad Side Kick Icy Fiesta Soup	Lunch French Toast Sticks w/ Sausage Patty Breakfast Pizza Tater Tots Celery Sticks Orange Tangerine Juice	Lunch Cheesesteak Sub Crispy Chicken Ranch Wrap Mixed Vegetables Red & Green Pepper Veggie Cup Fresh Apple Slices	
Monday April 14	Tuesday April 15	Wednesday April 16	Thursday April 17	Friday April 18	
Breakfast Assorted Bread Slices Lunch Chicken Tenders w/ Dinner Roll Hot Ham & Cheese on Pretzel Roll Baked Beans Baby Carrots Juicy Peaches	Breakfast Blueberry Crumb Cake Lunch Spaghetti & Meat Sauce	Breakfast Breakfast Bun Lunch Pizza Crunchers Buffalo Chicken Mac & Cheese Oven Baked Fries Celery Sticks Chilled Mixed Fruit Wedding Soup	Breakfast Pigglestick Lunch General Tso's Chicken w/Rice New Orleans Cajun Chicken w/Rice Bok Choy w/Red Peppers Cucumber Veggie Cup Pineapple Tidbits	No School	
Monday April 28	Tuesday April 29	Wednesday April 30			
<u>Breakfast</u> Assorted Muffins	Breakfast Pancakes	<u>Breakfast</u> Breakfast Bar			
Lunch Domino's Smart Slice Pizza Buffalo Chicken Pizza Seasoned Broccoli Baby Carrots Applesauce Cups	Lunch Sloppy Joe Sandwich Grilled Cheese Sandwich Garden Peas Cucumber Veggie Cup Chilled Mixed Fruit Tomato Soup	Lunch Regular or Spicy Chicken Patty Sandwich Rib BBQ Sandwich Sweet Potato Fries Celery Sticks Frozen Fruit Cup			•

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SHS



Schools are Closed for Students April 18-April 27 for Spring Break.

Monday March 31

No School

Tuesday April 1

<u>Breakfast</u>

Assorted Muffins

Lunch

Shrimp Poppers w/ Mac & Cheese Cornbread Chicken Cheesesteak Seasoned Green Beans Baby Carrots Chilled Mixed Fruit

Wednesday April 2

Breakfast

Breakfast Bun

<u>Lunch</u>

Chicken Drumstick w/ Biscuit Pulled Pork Sandwich Oven Baked Fries Cucumber Veggie Cup Juicy Peaches Chicken Noodle Soup

Thursday April 3

Breakfast

Pigglestick

Lunch

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

Friday April 4

Breakfast

Toasted Pastries

Lunch

Cheeseburger
Hot Dog
Baked Beans
Baby Carrots
Fresh Apple Slices

AVAILABLE DAILY

Daily Breakfast

Assorted Cereal Yogurt w/ Grahams Fruit & Fruit Juice Variety

Daily Lunch

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

Milk Choice

1% Unflavored FF Chocolate or Strawberry

Daily Deli Offerings

<u>Monday</u>

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

Tuesday

Italian Sub, Assorted Salads, Cheesesteak Wrap, Chicken Tenders, Yogurt Parfait Wednesday

Ham Sub, Assorted Salads, Crispy & Spicy

Chicken Patty, Pizza, Blue Jay Box

<u>Thursday</u>

Italian Sub, Assorted Salads, Crispy & Spicy Chicken Wrap, Bacon Cheeseburger, Chicken Nuggets Friday

> Assorted Subs, Assorted Salads, Beef Hot Dog, Pizza

ALL STUDENTS EAT ALL MEALS AT NO COST AGAIN THIS YEAR

Monday April 7	Tuesday April 8	Wednesday April 9	Thursday April 10	Friday April 11
<u>Breakfast</u> Blueberry Crumb Cake	<u>Breakfast</u> Breakfast Bar	<u>Breakfast</u> Blue Jay Sandwich Or Beef & Cheese	<u>Breakfast</u> Pigglestick	<u>Breakfast</u> Mini Apple Bites
Lunch Domino's Smart Slice Pizza Mandarin Orange Chicken w/ Rice Seasoned Broccoli Baby Carrots Applesauce Cups	Lunch French Toast Sticks w/ Sausage Patty Breakfast Pizza Tater Tots Celery Sticks Orange Tangerine Juice	Sunrise Stick Lunch Chicken Wings w/ Biscuit Crispy Fish Sandwich Crispy Potato Wedges Cucumber Veggie Cup Assorted Frozen Fruit Fiesta Soup	Lunch Walking Taco Chicken Fajitas Chipotle Bean Salad Shredded Lettuce & Diced Tomato Cup Side Kick Icy	Lunch Cheesesteak Sub Meatball Sub Mixed Vegetables Red & Green Pepper Veggie Cup Fresh Apple Slices
Monday April 14	Tuesday April 15	Wednesday April 16	Thursday April 17	Friday April 18
<u>Breakfast</u> Assorted Bread Slices	Breakfast Assorted Muffins	<u>Breakfast</u> Breakfast Bun	<u>Breakfast</u> Pigglestick	
Lunch Domino's Smart Slice Pizza Buffalo Chicken Mac & Cheese Buttery Corn Baby Carrots Juicy Peaches	Lunch Spaghetti & Meat Sauce w/ Breadstick Crispy Fish Sticks w/ Breadstick Seasoned Green Beans Garden Salad w/ Tomatoes Frozen Fruit Cup	Lunch Chicken Tenders w/ Roll Hot Ham & Cheese on Pretzel Bun Baked Beans Celery Sticks Chilled Mixed Fruit Wedding Soup	Lunch General Tso's Chicken w/ Rice New Orleans Cajun Chicken w/ Rice Bok Choy w/ Red Peppers Cucumber Veggie Cup Pineapple Tidbits	No School
Monday April 28	Tuesday April 29	Wednesday April 30		
<u>Breakfast</u> Blueberry Crumb Cake	<u>Breakfast</u> Breakfast Bar	Breakfast Blue Jay Sandwich Or Beef & Cheese Sunrise Stick		
Lunch Domino's Smart Slice Pizza Max Sticks w/ Pizza Sauce Seasoned Broccoli Wango Mango Veggie Juice Applesauce Cups	Lunch Shepherd's Pie w/ Biscuit Grilled Cheese Sandwich Garden Peas Cucumber Veggie Cup Chilled Mixed Fruit Tomato Soup	Lunch Regular or Spicy Chicken Patty Sandwich Rib BBQ Sandwich Sweet Potato Fries Celery Sticks Frozen Fruit Cup		
	Tomato Soup	Frozen Fruit Cup		

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