

School Lunch Prices:

Student Paid – \$2.60
 Student Reduced - \$.40
 Milk - \$.55

Seneca High School

Lunch Menu

April 2019

Janet Mullaney

Child Nutrition Director

janet.mullaney@wattsburg.org

Daily Hot Sandwiches May Include:

- Bacon Cheeseburger on Bun
- Cheeseburger on Bun
- Chicken Patty on Bun
- Hotdog on Bun
- Stromboli



Daily Cold Sandwiches May Include:

- Chicken Salad Bun/Wrap
- Tuna Salad, Bun/Wrap
- Peanut Butter & Jelly
- Turkey Club
- Ham & Cheese Wrap
- Turkey & Cheese Wrap

The Garden Patch

- Mixed salad greens with a variety of toppings & dressings, meats, and cheeses!



Yogurt Parfaits

- Yogurt Parfait available on Tuesdays and Thursdays.

Sub/Wrap-n-Go

- Deli subs & wraps made to order with a variety of toppings.

Bobcat Pizzeria

- Pepperoni Pizza
- Cheese Pizza
- Daily Special Pizza



The Soup Kettle:

- One soup will be offered daily

Milk Choices - All milk is fat free.

- Chocolate
- White or Skim
- Strawberry

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Ham & Cheese on Pretzel Bun Baked Beans Carrots w/ Dip Fruit Fat Free Milk	2 Spaghetti & Meatballs Spinach Salad/Dressing Garlic Breadstick Fruit Fat Free Milk	3 Chicken Mashed Potato Bowl w/Gravy, Corn, Cheese Dinner Roll Fruit Fat Free Milk	4 Cheeseburger on Bun w/Lettuce & Tomatoes French Fries Juice Bar Fat Free Milk	5 Pizza Dippers with Marinara Sauce Romaine Salad Fruit Fat Free Milk
8 Bobcat Fries Refried Beans Dinner Roll Veggie Sticks Fruit Fat Free Milk	9 Pulled Pork Sandwich Sun Chips Beets Relish Tray Fruit Fat Free Milk	10 French Toast Sticks Hash Brown Potatoes Sausage Patty Celery Sticks & Dip Vegetable Juice Fruit Fat Free Milk	11 Chicken Tenders Seasoned Potato Wedges Dinner Roll Peas Fruit Fat Free Milk	12 Ravioli Garden Salad Breadstick Fruit Fat Free Milk
15 Nacho's with Ground Beef Or Chicken and Cheese Whole Grain Tortilla Chips Refried Beans Corn Fruit Fat Free Milk	16 Chicken Nuggets Soft Pretzels Glazed Carrots Celery Sticks w/dip Fruit Fat Free Milk	17 Hot Dog on Bun French Fries Fruit Fat Free Milk	18 Snow Make Up Day Grilled Chicken Fajita Sub Romaine Salad w/dressing Green Beans Fruit Fat Free Milk	19  No School
22  No School	23 No School Snow Make Up Day	24 Tacos Lettuce/Salsa/Cheese Refried Beans Cookie Fruit Fat Free Milk	25 Chicken Wrap w/Lettuce & Tomato Brown Rice Pilaf 3-Bean Salad Fruit Fat Free Milk	26 Quesadilla Broccoli Relish Tray Fruit Fat Free Milk
29 Hot Ham & Cheese on Pretzel Bun Baked Beans Carrots w/ Dip Fruit Fat Free Milk	30 Spaghetti & Meatballs Spinach Salad/Dressing Garlic Breadstick Fruit Fat Free Milk	1 Chicken Mashed Potato Bowl w/Gravy, Corn, Cheese Dinner Roll Fruit Fat Free Milk	2 Cheeseburger on Bun w/Lettuce & Tomatoes French Fries Juice Bar Fat Free Milk	3 Pizza Dippers with Marinara Sauce Romaine Salad Fruit Fat Free Milk

Selection

Please choose at least 3 of the 5 items for the school lunch price.

- Entrée
- Choice of 2 fruits and 2 vegetables
- Grain
- Milk

Vegetable Choices

- Hot vegetable
- Tossed salad
- Assorted fresh vegetable tray

Fruit Choices

- Fresh fruit
- Assorted canned fruit
- 100% fruit juice



U.S.D.A requires schools to serve a variety of vegetables & vegetable sub groups each week. All lunches must contain one ½ cup serving of fruits and/or vegetables daily.