

**School Lunch Prices:**

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

# Seneca High School

## Lunch Menu

### May 2019

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Child Nutrition Director

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**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 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
6 Bobcat Fries Refried Beans Dinner Roll Veggie Sticks Fruit Fat Free Milk	7 Turkey Club on Bun Sun Chips Beets Relish Tray Fruit Fat Free Milk	8 French Toast Sticks Hash Brown Potatoes Sausage Patty Celery Sticks & Dip Vegetable Juice Fruit Fat Free Milk	9 Chicken Tenders Seasoned Potato Wedges Dinner Roll Peas Fruit Fat Free Milk	10 Ravioli Garden Salad Breadstick Fruit Fat Free Milk
13 Nacho's with Ground Beef Or Chicken and Cheese Whole Grain Tortilla Chips Refried Beans Corn Fruit Fat Free Milk	14 Chicken Nuggets Soft Pretzels Glazed Carrots Celery Sticks w/dip Fruit Fat Free Milk	15 Hot Dog on Bun French Fries Fruit Fat Free Milk	16 Meatball Sub Romaine Salad w/dressing Green Beans Fruit Fat Free Milk	17 Macaroni & Cheese Fish Sandwich Relish Tray Broccoli Fruit Fat Free Milk
20 Chicken Patty on Bun w/ Lettuce and Tomato Corn Fruit Fat Free Milk	21 Hot Turkey Sandwich w/Cranberry Sauce Mashed Potatoes Mixed Vegetables Fruit Fat Free Milk	22 Tacos Lettuce/Salsa/Cheese Refried Beans Cookie Fruit Fat Free Milk	23 Chicken Wrap w/Lettuce & Tomato Brown Rice Pilaf 3-Bean Salad Fruit Fat Free Milk	24 Snow Make Up Day No School
27 No School	28 Spaghetti & Meatballs Spinach Salad/Dressing Garlic Breadstick Fruit Fat Free Milk	29 Chicken Mashed Potato Bowl w/Gravy, Corn, Cheese Dinner Roll Fruit Fat Free Milk	30 Cheeseburger on Bun w/Lettuce & Tomatoes French Fries Juice Bar Fat Free Milk	31 Seneca Picnic Hot Dog Lunch



**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.

Menu Items Subject to Change