

# FEBRUARY 2024

## SEABROOK SCHOOL DISTRICT

Student lunch with choice of milk: \$2.50 FULL price;  
40 cents REDUCED price OR FREE to those who qualify  
8oz milk without meal: 50 cents each  
Adult lunch: \$4.15

Monday

Tuesday

Wednesday

Thursday

Friday



**February is American Heart Month and much more!**

Keep your heart healthy by being active every day. Walk, run, dance, take the stairs, or play in the snow! Eating healthy foods every day will help too 😊

**1**  
\*\*Cubano sandwich with layered ham, shredded pork & melted cheese, pickles  
Coleslaw  
Pears

**2**  
\*\*PIZZA  
Fresh made salad  
Peaches

**1/29 -2/2 Cold Choices: \*\*Ham & cheese sandwich OR Salad!**

**5**  
Mozzarella sticks  
Side of tomato sauce  
\*\*Garlic bread  
Roasted butternut squash  
Mixed fruit

**6**  
**Taco Tuesday!**  
\*\*Seasoned beef on soft tortillas  
Assorted toppings  
Three bean salad  
Tropical fruit salad

**7**  
**NATIONAL ALFREDO DAY!**  
\*\*Homemade pasta alfredo with chicken  
\*\*Soft roll  
Roasted broccoli  
Orange smiles

**8**  
**NEW MENU ITEM!**  
Korean meatballs with homemade teriyaki sauce and  
\*\*Fried rice  
Edamame salad  
Pineapple

**9**  
**Come to our SUPERBOWL PARTY!**  
\*\*Assorted appetizers  
Onion rings  
Fresh made salad  
Peaches

**2/5 -2/9 Cold Choices: \*\*Egg salad or Chicken salad sandwich OR Salad!**

**12**  
\*\*Homemade mac & cheese  
BBQ pulled pork  
\*\*Warm biscuit  
Roasted broccoli  
Mixed fruit

**13**  
\*\*Homemade chicken chili  
Assorted toppings  
Cornbread  
Tropical fruit salad

**14**  
**HAPPY VALENTINE'S DAY!**  
Early release @ noon  
\*\*HEARTY chicken nuggets  
\*\*Pasta salad  
Assorted fruits & veggies

**15**  
\*\*Hamburger or cheeseburger on a bun  
Assorted condiments  
Mashed potatoes  
Baked beans  
Pears

**16**  
\*\*PIZZA  
Fresh made salad  
Peaches

**2/12 -2/16 Cold Choices: Pizza Lunchable OR Salad!**

**19**  
\*\*Egg and cheese on a croissant  
Tater tots  
Mixed fruit

**20**  
**TASTE IT TUESDAY!**  
Come try a new sample 😊  
\*\*Chicken patty on a bun  
Sweet potato fries  
Pineapple

**21**  
\*\*Sloppy Joes on a bun  
Roasted carrots  
Chickpea salad  
Orange smiles

**22**  
\*\*Chicken drumstick  
Stuffing & cranberry sauce  
Steamed corn  
Pears

**23**  
\*\*PIZZA  
Fresh made salad  
Peaches

**2/19 -2/23 Cold Choices: \*\*SunButter & jelly sandwich OR Salad!**

**26**

**27**

**28**

**29**

**29**

**\* NO SCHOOL \***

**Enjoy your break, see you in March!**



**This institution is an equal opportunity employer**

Please be sure to notify the school if your student has a food allergy or intolerance so that we may adjust food items accordingly.

Due to supply and demand challenges, this menu is subject to change. Whole grain (WG) items served for all meals unless unavailable.

We take pride in making a majority of our meal items from scratch! **Entrée items marked with \*\* can be made gluten free. Note: all fruits and veggies are naturally gluten free**

Our daily "garden bar" includes additional fruits and veggies for students and staff to enjoy with their lunch!

<https://www.sau21.org/sms/departments/cafeteria>

<https://www.sau21.org/ses/departments/cafeteria>