





# SIMPLY GOOD



Breakfast \$1.55  
 Reduced \$0.00  
 Adult \$ 1.55  
 Milk \$ 0.50

## November 2016: Seaside High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Sausage &amp; Egg Muffin Sandwich</b>  <i>Chilled Fruit</i> <i>100% Fruit Juice</i>	2 <b>Whole Grain Biscuit w/ Country Gravy</b>  <i>Seasonal Fresh Fruit</i>	3 <b>Denver Egg Bagel Sandwich</b>  <i>Chilled Fruit</i> <i>100% Fruit Juice</i>	4 <b>Turkey Sausage Pancake Wrap w/ Syrup</b>  <i>Seasonal Fresh Fruit</i>
7 <b>French Toast Sticks w/ Syrup</b>  <i>Seasonal Fresh Fruit</i>	8 <b>Apple Cinnamon Oatmeal</b>  <i>Chilled Fruit</i> <i>100% Fruit Juice</i>	9 <b>Blueberry Waffle Sausage Links</b>  <i>Seasonal Fresh Fruit</i>	10 <b>Turkey Sausage Pancake Wrap w/ Syrup</b>  <i>Chilled Fruit</i> <i>100% Fruit Juice</i>	11 <b>No School</b>
14 <b>Whole Grain Pancake Strawberry Topping</b>  <i>Seasonal Fresh Fruit</i>	15 <b>Sausage &amp; Egg Muffin Sandwich</b>  <i>Chilled Fruit</i> <i>100% Fruit Juice</i>	16 <b>Whole Grain Biscuit w/Country Gravy</b>  <i>Seasonal Fresh Fruit</i>	17 <b>Denver Egg Bagel Sandwich</b>  <i>Chilled Fruit</i> <i>100% Fruit Juice</i>	18 <b>Turkey Sausage Pancake Wrap w/ Syrup</b>  <i>Seasonal Fresh Fruit</i>
21 <b>French Toast Sticks w/ Syrup</b>  <i>Seasonal Fresh Fruit</i>	22 <b>Apple Cinnamon Oatmeal</b>  <i>Chilled Fruit</i> <i>100% Fruit Juice</i>	23	24	25
		<b>No School</b>		
28 <b>Whole Grain Pancake Strawberry Topping</b>  <i>Seasonal Fresh Fruit</i>	29 <b>Sausage &amp; Egg Muffin Sandwich</b>  <i>Chilled Fruit</i> <i>100% Fruit Juice</i>	30 <b>Whole Grain Biscuit w/ Country Gravy</b>  <i>Seasonal Fresh Fruit</i>	 <b>download our free</b> <b>Nutrislice App Today</b>	 <b>Get school menus on your smartphone and helpful information about what's being served at school.</b>
<b>Daily Alternates</b>				
Sausage, Egg & Cheese Breakfast Burrito  Whole Grain Bagel Cream Cheese  Cereal Variety	Breakfast Sausage Pizza  WG Blueberry Muffin & String Cheese  Cereal Variety	Sausage, Egg & Cheese Breakfast Burrito  Whole Grain Bagel Cream Cheese  Cereal Variety	Breakfast Sausage Pizza  WG Blueberry Muffin & String Cheese  Cereal Variety	Sausage, Egg & Cheese Breakfast Burrito  Whole Grain Bagel Cream Cheese  Cereal Variety

This institution is an equal opportunity employer and provider



**BREAKFAST:** A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate.

**Menu Subject To Change Without Notice.**



Lunch Paid \$ 2.85  
 Reduced \$0.00  
 Adult \$ 3.85  
 Milk \$ .50

## November 2016: Seaside High School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
create		Classic American Cheeseburger Roasted Carrot Fries	Chicken Mashed Potato Bowl Steamed Corn & Carrots WG Dinner Roll	Chicken Macho Nachos Seasoned Refried Beans	Cheese Calzone Marinara Sauce
	7	8	9	10	11
create	Hot Dog Twist Cinnamon Sweet Potato Coins	Chicken Pot Pie Seasoned Peas Fresh baked WG Biscuit	Crispy Fish Sandwich Garlic Parmesan Fries	Home-Style Chili Tortilla Chips	No School
	14	15	16	17	18
create	Buffalo Chicken Quesadilla Refried Beans	Teriyaki Chicken & Noodles Fresh Snow Peas	BBQ Chicken Sandwich Roasted Cinnamon Butternut Squash	Pepperoni Pizza Pasta Bake Herbed Cauliflower	Italian Meatball Sub Seasoned Corn
	21	22	23	24	25
create	Beef Ravioli Savory Green Beans WG Breadstick	Ham Mashed Potato Bowl Steamed Golden Corn Fresh Baked WG Biscuit	<b>No School</b>		
	28	29	30		
create	Sloppy Joes Crinkle Cut Fries	Macaroni & Cheese Seasoned Peas WG Breadstick	Fajita Chicken Rice Bowl Mexicali Corn Tortilla Chips	 download our <b>free</b> <b>Nutrislice</b> App Today	 Get school menus on your smartphone and helpful information about what's being served at school.
<b>PIZZA</b>					
	Cheeseburger Pizza & Classic Cheese Pizza	Classic Pepperoni Pizza & Classic Cheese Pizza	Cheeseburger Flatbread & Classic Cheese Pizza	Hawaiian Pizza & Classic Pepperoni Pizza	Cheeseburger Pizza & Classic Cheese Pizza
<b>HOT ALTERNATIVES</b>					
	Spicy Chicken Sandwich	Whole Grain Corn Dog	Bean & Cheese Burrito	Whole Grain Corn Dog	Crispy Chicken Patty Sandwich
	Classic Cheeseburger	Chicken Nuggets WG Breadstick	Classic Cheeseburger	Chicken Nuggets WG Breadstick	Classic Cheeseburger
	Black Bean Burger	Crispy Chicken Patty Sandwich	Spicy Chicken Sandwich	Crispy Chicken Patty Sandwich	Black Bean Burger
<b>COLD ALTERNATIVES</b>					
	Ham & Cheese Wrap	Turkey Chef Salad	Tuna Salad Flatbread	Turkey Chef Salad	Tuna Salad on Bagel
<b>FRUIT AND SALAD SELECTIONS</b>					
	Colorful Tossed Salad	Colorful Tossed Salad	Colorful Tossed Salad	Colorful Tossed Salad	Colorful Tossed Salad
	Fresh Baby Carrots	Assorted Chilled Fruit	Carrot & Raisin Salad	Sliced Cucumbers	Fresh Spinach
	Chilled Applesauce	Fresh Cauliflower	Power Peas	Power Carrot & Super Celery Sticks	Broccoli Florets
	Fresh Apples	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
	Power Peas	Fresh Spinach	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit