

# Selinsgrove High School Menu

## October 2024



### 2024-25 High School Student Meal Prices

**Breakfast: FREE to ALL Students**  
Served 8:00AM-8:20AM Daily  
Daily Menu Items and Cold Cereal  
Options available  
EVERY Student must take a Fruit OR Juice to count as Breakfast

**Lunch:**  
Free/Reduced Students —FREE  
Paid —\$2.70  
EVERY student must take a Vegetable OR Fruit to count as a Lunch

### Apply online for Free/Reduced Meals at

**Schoolcafe.com**

Need help with meal application or have questions, contact Mrs. Frederick at [rfrederick@seal-pa.org](mailto:rfrederick@seal-pa.org) OR 570-372-2206

IF you haven't already applied OR received a letter stating your students are Free/Reduced for 2024-25 school year, please be sure to apply BY October 2nd which is the date students who have not already been approved, will go to full price meals

#### FEATURED WEEKLY SALADS:

**9/30-10/4:** Chef Salad w/WG

Breadsticks

**10/7-11:** Chicken Caesar Salad w/  
Soft Pretzel Rods

**10/15-18:** Harvest Apple Chicken  
Salad w/WG Breadsticks

**10/21-25:** Turkey Club Salad  
w/WGR Roll

**10/28-11/1:** Chef Salad w/WGR  
Breadsticks

#### OCT. 1 Breakfast

Scrambled Eggs w/Muffin  
Fruit & Juices Choices & Milk

#### Today's Entree Choices

Popcorn Chicken w/WG Roll

#### Choose at least 1 Fruit or Veg

Mashed Potatoes w/Gravy  
Corn  
Peaches  
Fresh Fruit or Veggies

#### OCT. 2 Breakfast

French Toast Sticks  
Fruit & Juice Choices & Milk

#### Today's Entree Choices

Baked Ziti w/Garlic Bread

#### Choose at least 1 Fruit or Veg

Green Beans  
Cinnamon Applesauce  
Fresh Fruit or Veggies

#### OCT. 3 Breakfast

Breakfast Sandwich  
Fruit & Juice Choices & Milk

#### Today's Entree Choices

Regular/Italian/Ham or Turkey & Cheese  
Hoagie

#### Choose at least 1 Fruit or Veg

Sliced Pears  
Fresh Fruit or Veggies

TREAT: Baked Lays Chips

#### OCT. 4 Breakfast

Freshly Baked WG Cinnamon Roll  
Fruit & Juice Choices & Milk

#### Today's Entree Choices

Pulled Pork Sandwich

#### Choose at least 1 Fruit or Veg

Seasoned Broccoli  
Mandarin Oranges  
Coleslaw  
Celery w/PB Fresh Fruit

#### OCT. 7 Breakfast

Breakfast Pizza  
Fruit & Juice Choices & Milk

#### Today's Entree Choices

Fish Sandwich

#### Choose at Least 1 Fruit or Veg

Corn  
Applesauce Cup  
Fresh Fruit or Veggies

TREAT: Fruit Joos Icee

#### OCT. 8 Breakfast

Scrambled Eggs w/Muffin  
Fruit & Juices Choices & Milk

#### Today's Entree Choices

Cheeseburger on Bun w/let, tomato & pickles

#### Choose at least 1 Fruit or Veg

Tater Tots Pineapple  
Fresh Fruit or Veggies

#### OCT. 9 Breakfast

French Toast Sticks  
Fruit & Juice Choices & Milk

#### Today's Entree Choices

Three Cheese Calzones  
w/Marinara Sauce

#### Choose at least 1 Fruit or Veg

Steamed Carrots  
Sliced Peaches  
Fresh Fruit or Veggies

#### OCT. 10 Breakfast

Breakfast Sandwich  
Fruit & Juice Choices & Milk

#### Today's Entree Choices

Spaghetti w/Meat Sauce  
w/Garlic Bread

#### Choose at least 1 Fruit or Veg

Peas Tossed Salad w/Dressings  
Mandarin Oranges  
Fresh Fruit

#### OCT. 11 Breakfast

Freshly Baked WG Cinnamon Roll  
Fruit & Juice Choices & Milk

#### Today's Entree Choices

Grilled Cheese OR  
Grilled Ham & Cheese Sandwich

Soup: Campbell's Tomato Soup

#### Choose at least 1 Fruit or Veg

Steamed Broccoli  
Sliced Pears  
Fresh Fruit or Veggies

Treat: Goldfish Crackers

<p><b>OCT. 14</b></p> <p><b>No School</b> <b>Professional Development Day</b></p> 	<p><b>OCT. 15 Breakfast</b> Scrambled Eggs w/Muffin Fruit &amp; Juices Choices &amp; Milk</p> <p><b>Today's Entree Choices</b> Buffalo Chicken over Fries w/biscuit</p> <p><b>Choose at least 1 Fruit or Veg</b> Green Beans Applesauce Cup Fresh Fruit or Veggies</p>	<p><b>OCT. 16 Breakfast</b> French Toast Sticks Fruit &amp; Juice Choices &amp; Milk</p> <p><b>Today's Entree Choices</b> Chicken Fajita w/peppers, onions, salsa &amp; sour cream</p> <p>SIDE: Steamed Brown Rice</p> <p><b>Choose at least 1 Fruit or Veg</b> Seasoned Broccoli Mandarin Oranges Fresh Fruit or Veggies Treat: Pirate's Booty</p>	<p><b>OCT. 17 Breakfast</b> Breakfast Sandwich Fruit &amp; Juice Choices &amp; Milk</p> <p><b>Today's Entree Choices</b> Chicken Parmesan w/spaghetti &amp; Garlic Bread</p> <p><b>Choose at least 1 Fruit or Veg</b> Tossed Salad w/Dressings Corn Sliced Pears Fresh Fruit or Veggies</p> <p>Treat: Freshly Baked Apple Crisp</p>	<p><b>OCT. 18 Breakfast</b> Freshly Baked WG Cinnamon Roll Fruit &amp; Juice Choices &amp; Milk</p> <p><b>Today's Entree Choices</b> French Toast Sticks &amp; Sausage Patty</p> <p><b>Choose at least 1 Fruit or Veg</b> Hashbrown Mixed Fruit Apple Juice Fresh Fruit or Veggies</p>
<p><b>OCT. 21 Breakfast</b> Breakfast Pizza Fruit &amp; Juice Choices &amp; Milk</p> <p><b>Today's Entree Choices</b> Chicken Patty on WG Bun</p> <p>SIDE: Buttered Noodles</p> <p><b>Choose at least 1 Fruit or Veg</b> Vegetarian Baked Beans Mandarin Oranges Fresh Fruit or Veggies</p>	<p><b>OCT. 22 Breakfast</b> Scrambled Eggs w/Muffin Fruit &amp; Juices Choices &amp; Milk</p> <p><b>Today's Entree Choices</b> Macaroni &amp; Cheese topped with Nashville Hot Chicken Bites</p> <p><b>Choose at least 1 Fruit or Veg</b> Stewed Tomatoes Green Beans Sliced Pears Fresh Fruit or Veggies</p>	<p><b>OCT. 23 Breakfast</b> French Toast Sticks Fruit &amp; Juice Choices &amp; Milk</p> <p><b>Today's Entree Choices</b> Cheeseburger on Roll w/let, tomato &amp; pickles</p> <p><b>Choose at least 1 Fruit or Veg</b> Glazed Carrots Mixed Fruit Fresh Fruit or Veggies</p> <p>Treat: Fruit Joos Icee</p>	<p><b>OCT. 24 Breakfast</b> Breakfast Sandwich Fruit &amp; Juice Choices &amp; Milk</p> <p><b>Today's Entree Choices</b> Turkey &amp; Waffles w/gravy</p> <p><b>Choose at least 1 Fruit or Veg</b> Mashed Potatoes w/ Gravy Sliced Peaches Fresh Fruit &amp; Veggies</p>	<p><b>OCT. 25 Breakfast</b> Freshly Baked WG Cinnamon Roll Fruit &amp; Juice Choices &amp; Milk</p> <p><b>Today's Entree Choices</b> General Tso's Chicken w/Steamed Brown Rice</p> <p><b>Choose at least 1 Fruit or Veg</b> Steamed Broccoli Applesauce Fresh Fruit or Veggies</p>
<p><b>OCT. 28 Breakfast</b> Breakfast Pizza Fruit &amp; Juice Choices &amp; Milk</p> <p><b>Today's Entree Choices</b> PA Style Chicken Pot Pie w/WG Roll</p> <p><b>Choose at least 1 Fruit or Veg</b> Green Beans Pears Fresh Fruit or Veggies</p>	<p><b>OCT. 29 Breakfast</b> Scrambled Eggs w/Muffin Fruit &amp; Juices Choices &amp; Milk</p> <p><b>Today's Entree Choices</b> Bosco Breadsticks w/sauce</p> <p><b>Choose at least 1 Fruit or Veg</b> Steamed Carrots Warm Spiced Apple Slices Fresh Fruit &amp; Veggies</p>	<p><b>OCT. 30 Breakfast</b> French Toast Sticks Fruit &amp; Juice Choices &amp; Milk</p> <p><b>Today's Entree Choices</b> Chicken Nuggets w/WG Roll</p> <p><b>Choose at least 1 Fruit or Veg</b> Crinkle Cut Sweet Potato Fries Applesauce Fresh Fruit or Veggies</p>	<p><b>OCT. 31 Breakfast</b> Breakfast Sandwich Fruit &amp; Juice Choices &amp; Milk</p> <p><b>Today's Entree Choices</b> Walking Taco w/Lettuce &amp; Tomato, Salsa &amp; Sour Cream w/Seasoned Brown Rice</p> <p><b>Choose at least 1 Fruit or Veg</b> Refried Beans Pineapple Fresh Fruit or Veggies</p> <p>TREAT: Orange Sherbert</p>	<p><b><u>Now Hiring Cooks</u></b> <b>Great employment opportunity while you have a student in School. No nights, no weekends and no Holidays!</b></p> <p><b>Hiring cooks for the Elementary, Intermediate and High Schools.</b></p> <p><b>Apply online at <a href="http://www.seal-pa.org">www.seal-pa.org</a></b></p>

**Also Available Daily for BREAKFAST:**

Variety of Cereal w/Bear Graham  
Crackers OR Muffin OR Nutrifrain Bar  
Bagel w/jelly or Cream Cheese  
WGR Poptarts (2)  
WGR Cereal Bar

**Grab –n– Go Daily Specials**

**Mondays:** Rib-B-Que  
**Tuesdays:** Bacon Cheeseburger  
**Wednesdays:** Corn Dog  
**Thursdays:** Marinated Chicken Sandwich  
**Fridays:** Chicken Cordon Bleu Sandwich on Pretzel Bun

**ALSO available DAILY:**

Cheeseburger, Breaded Chicken OR Spicy  
Chicken Sand., Variety of Subs & Wraps,  
Yogurt, PB&J, Hummus & Pita Chips

**Weekly PIZZA Specials**

**9/30-10/4:** Bacon Chicken Ranch Pizza  
**10/7-11:** Pepperoni Pizza  
**10/15-18:** Buffalo Chicken Pizza  
**10/21-25:** Veggie Pizza  
**10/28-11/1:** BBQ Chicken Pizza  
**Cheese Pizza available DAILY!**