

2024-25 Intermediate 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 —\$2.50
EVERY student must take a Vegetable OR Fruit to count as a Lunch

Selinsgrove Intermediate School Menu

October 2024



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 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

Visit Myschoolbucks.com to:

- 1) View your student's purchases for free
- 2) Receive low meal account balance notifications for free
- 3) Pay online using a credit card for meals & a la carte items (nominal fee charged by Company for online prepayments)

If a student owes any amount of money, they will not be able to purchase a la carte items.

Menus subject to change

OCT. 1 Breakfast

Scrambled Eggs w/Muffin
Fruit & Juices Choices & Milk

Today's Entree Choices

Popcorn Chicken w/WG Roll
Chef Salad w/Soft Pretzel Rods
Bologna & Cheese Sandwich
PB&J Sand w/Yogurt

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
Chef Salad w/Soft Pretzel Rods
Bologna & Cheese Sandwich
PB&J Sand w/Yogurt

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

Reg or Turkey & Cheese Hoagie
Chef Salad w/Soft Pretzel Rods
Bologna & Cheese Sandwich
PB&J Sand w/Yogurt

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

Big Daddys Pizza
Chef Salad w/Soft Pretzel Rods
Bologna & Cheese Sandwich
PB&J Sand w/Yogurt

Choose at least 1 Fruit or Veg

Seasoned Broccoli
Mandarin Oranges
Celery w/PB Fresh Fruit

OCT. 7 Breakfast

Pancakes w/Sausage
Fruit & Juice Choices & Milk

Today's Entree Choices

Chicken Nuggets w/WG Roll
Chef Salad w/WG Roll
Turkey & Cheese Sandwich
PB&J Sand w/Yogurt

Choose at Least 1 Fruit or Veg

Corn
Applesauce Cup
Fresh Fruit or Veggies

TREAT: Animal Crackers

OCT. 8 Breakfast

Scrambled Eggs w/Muffin
Fruit & Juices Choices & Milk

Today's Entree Choices

Cheeseburger on Bun w/let, tomato & pickles
Chef Salad w/WG Roll
Turkey & Cheese Sandwich
PB&J Sand w/Yogurt

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
Chef Salad w/WG Roll
Turkey & Cheese Sandwich
PB&J Sand w/Yogurt

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 Ssauce
w/Garlic Bread
Chef Salad w/WG Roll
Turkey & Cheese Sandwich
PB&J Sand w/Yogurt

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
Chef Salad w/WG Roll
Turkey & Cheese Sandwich
PB&J Sand w/Yogurt

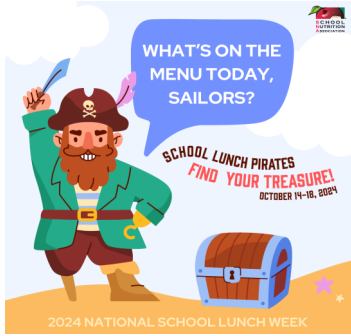
Soup: Campbell's Tomato Soup
Choose at least 1 Fruit or Veg

Steamed Broccoli
Sliced Pears
Fresh Fruit or Veggies

Treat: Goldfish Crackers

OCT. 14

**No School
Professional Development Day**



OCT. 15 Breakfast

Scrambled Eggs w/Muffin
Fruit & Juices Choices & Milk

Today's Entree Choices

Nardone's Stuffed Crust Pizza
Chef Salad w/Soft Pretzel Rods
Leb Bologna & Cheese Sandwich
PB&J Sand w/String Cheese

Choose at least 1 Fruit or Veg

Green Beans
Applesauce Cup
Fresh Fruit or Veggies

OCT. 16 Breakfast

French Toast Sticks
Fruit & Juice Choices & Milk

Today's Entree Choices

Chicken & Cheese Quesadilla
w/Salsa
Chef Salad w/Soft Pretzel Rods
PB&J Sand w/String Cheese

SIDE: Steamed Brown Rice

Choose at least 1 Fruit or Veg

Seasoned Broccoli
Mandarin Oranges
Fresh Fruit or Veggies
Treat: Pirate's Booty

OCT. 17 Breakfast

Breakfast Sandwich
Fruit & Juice Choices & Milk

Today's Entree Choices

Breaded Mozzarella Cheese Sticks
w/Marinara Sauce w/WG roll
Chef Salad w/Soft Pretzel Rods
Leb Bologna & Cheese Sandwich
PB&J Sand w/String Cheese

Choose at least 1 Fruit or Veg

Tossed Salad w/Dressings Corn
Sliced Pears
Fresh Fruit or Veggies

Treat: Freshly Baked Apple Crisp

OCT. 18 Breakfast

Freshly Baked WG Cinnamon Roll
Fruit & Juice Choices & Milk

Today's Entree Choices

French Toast Sticks & Sausage Patty
Chef Salad w/Soft Pretzel Rods
Leb Bologna & Cheese Sandwich
PB&J Sand w/String Cheese

Choose at least 1 Fruit or Veg

Hashbrown
Mixed Fruit Apple Juice
Fresh Fruit or Veggies

OCT. 21 Breakfast

Pancakes w/Sausage
Fruit & Juice Choices & Milk

Today's Entree Choices

Chicken Patty on WG Bun
Chef Salad w/WG Roll
Ham & Cheese Sandwich
PB&J Sand w/Yogurt
SIDE: Buttered Noodles

Choose at least 1 Fruit or Veg

Vegetarian Baked Beans
Mandarin Oranges
Fresh Fruit or Veggies

OCT. 22 Breakfast

Scrambled Eggs w/Muffin
Fruit & Juices Choices & Milk

Today's Entree Choices

Macaroni & Cheese w/fish sticks
Chef Salad w/WG Roll
Ham & Cheese Sandwich
PB&J Sand w/Yogurt

Choose at least 1 Fruit or Veg

Stewed Tomatoes
Green Beans
Sliced Pears
Fresh Fruit or Veggies

OCT. 23 Breakfast

French Toast Sticks
Fruit & Juice Choices & Milk

Today's Entree Choices

Cheeseburger on Roll w/let, tomato & pickles
Chef Salad w/WG Roll
Ham & Cheese Sandwich
PB&J Sand w/Yogurt

Choose at least 1 Fruit or Veg

Glazed Carrots
Mixed Fruit
Fresh Fruit or Veggies

Treat: Fruit Joos Icee

OCT. 24 Breakfast

Breakfast Sandwich
Fruit & Juice Choices & Milk

Today's Entree Choices

Turkey & Waffles w/gravy
Chef Salad w/WG Roll
Ham & Cheese Sandwich
PB&J Sand w/Yogurt

Choose at least 1 Fruit or Veg

Mashed Potatoes w/ Gravy
Sliced Peaches
Fresh Fruit & Veggies

OCT. 25 Breakfast

Freshly Baked WG Cinnamon Roll
Fruit & Juice Choices & Milk

Today's Entree Choices

General Tso's Chicken
w/Steamed Brown Rice
Chef Salad w/WG Roll
Ham & Cheese Sandwich
PB&J Sand w/Yogurt

Choose at least 1 Fruit or Veg

Steamed Broccoli
Applesauce
Fresh Fruit or Veggies

OCT. 28 Breakfast

Pancakes w/Sausage
Fruit & Juice Choices & Milk

Today's Entree Choices

PA Style Chicken Pot Pie
w/WG Roll
Chef Salad w/Soft Pretzel Rods
Chex Cereal, Grahams, Yogurt
PB&J Sand w/String Cheese

Choose at least 1 Fruit or Veg

Green Beans
Pears
Fresh Fruit or Veggies

OCT. 29 Breakfast

Scrambled Eggs w/Muffin
Fruit & Juices Choices & Milk

Today's Entree Choices

Bosco Breadsticks w/sauce
Chef Salad w/Soft Pretzel Rods
Chex Cereal, Grahams, Yogurt
PB&J Sand w/String Cheese

Choose at least 1 Fruit or Veg

Steamed Carrots
Warm Spiced Apple Slices
Fresh Fruit & Veggies

OCT. 30 Breakfast

French Toast Sticks
Fruit & Juice Choices & Milk

Today's Entree Choices

Chicken Nuggets w/WG Roll
Chef Salad w/Soft Pretzel Rods
Chex Cereal, Grahams, Yogurt
PB&J Sand w/String Cheese

Choose at least 1 Fruit or Veg

Crinkle Cut Sweet Potato Fries
Applesauce
Fresh Fruit or Veggies

OCT. 31 Breakfast

Breakfast Sandwich
Fruit & Juice Choices & Milk

Today's Entree Choices

Soft Taco w/Lettuce & Tomato
w/Seasoned Brown Rice
Chef Salad w/Soft Pretzel Rods
Chef Salad w/WG Roll
Chex Cereal, Grahams, Yogurt
PB&J Sand w/String Cheese

Choose at least 1 Fruit or Veg

Refried Beans Pineapple
Fresh Fruit or Veggies

TREAT: Orange Sherbert

Now Hiring Cooks

Great employment opportunity while you have a student in School. No nights, no weekends and no Holidays!

Hiring cooks for the Elementary, Intermediate and High Schools.

Apply online at www.seal-pa.org