

Selinsgrove Middle School Menu

October 2024



2024-25 Middle 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 rfr Frederick@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

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

Big Daddys Pizza

Choose at least 1 Fruit or Veg

Seasoned Broccoli
Mandarin Oranges
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: Animal Crackers

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

Also Available Daily for BREAKFAST:

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

Also available Daily for LUNCH:

- * Chef Salad w/WG Dinner Roll
- * PB&J Sandwich w/String Cheese or 4 oz. Yogurt
- * Fluffernutter Sandwich w/String Cheese OR 4 oz. Yogurt
- * WG Soft Pretzel w/cheese OR 8 oz. Yogurt

Weekly Sandwich Specials:

- 10/1-4: Bologna & Cheese Sandwich
- 10/7-11: Turkey & Cheese Sandwich
- 10/15-18: Lebanon Bologna Sandwich
- 10/21-25: Ham & Cheese Sandwich
- 10/28-11/1: Cinn. Chex Cereal, Grahams & 8 oz. Yogurt