

2025-26 MS/HS 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

November HS Menu 2025

**Menu Subject to Change

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

Visit Schoolcafe.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)

NOV. 3 Breakfast

Warm Sprinkle Waffle
Fruit & Juice Choices & Milk

Today's Entree Choices

Popcorn Chicken Mashed Potato Bowl w/gravy
& cheese w/Roll

Choose at least 1 Fruit or Veg

Mashed Potatoes w/Gravy
Corn
Peaches
Fresh Fruit or Veggies

NOV. 4 Breakfast

Breakfast Pizza
Fruit & Juices Choices & Milk

Today's Entree Choices

Big Daddy's Pizza

Choose at Least 1 Fruit or Veg

California Blend Vegetables
Celery w/Peanut Butter
Pineapple
Fresh Fruit

NOV. 5 Breakfast

Strawberry Cream Cheese Stuffed Mini Bagels
Fruit & Juice Choices & Milk

Today's Entree Choices

Cheeseburger on WG Roll w/let,tom,pickles

SIDE: Mini Pierogies

Choose at Least 1 Fruit or Veg

Vegetarian Baked Beans
Applesauce
Fresh Fruit or Veggies

Treat: Ice Cream Cup

NOV. 6 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

NOV. 7 Breakfast

Freshly Baked WG Cinnamon Roll
Fruit & Juice Choices & Milk

Today's Entree Choices

Pasta w/Meatsauce w/Garlic Breadstick

Choose at Least 1 Fruit or Veg

Green Beans
Cinnamon Applesauce
Fresh Fruit or Veggies

NOV. 10 Breakfast

Warm Sprinkle Waffle
Fruit & Juice Choices & Milk

Today's Entree Choices

Hot Sausage Sandwich w/pep& onions OR
Hotdog w/sauerkraut on bun

Choose at Least 1 Fruit or Veg

Cauliflower
Sliced Peaches
Fresh Fruit or Veggies

NOV. 11 Breakfast

Breakfast Pizza
Fruit & Juices Choices & Milk

Today's Entree Choices

Chicken Nuggets w/WG Dinner Roll

Choose at Least 1 Fruit or Veg

French Fries
Applesauce
Fresh Fruit or Veggies

TREAT: Chat Snax Crackers



NOV. 12 Breakfast

Strawberry Cream Cheese Stuffed Mini Bagels
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

NOV. 13 Breakfast

Breakfast Sandwich
Fruit & Juice Choices & Milk

Today's Entree Choices

Soft Taco w/Lettuce & Tomato
w/Seasoned Brown Rice

Choose at least 1 Fruit or Veg

Refried Beans
Pineapple
Fresh Fruit or Veggies

NOV. 14 Breakfast

Freshly Baked WG Cinnamon Roll
Fruit & Juice Choices & Milk

Today's Entree Choices

Grilled Cheese OR Grilled Ham & Cheese
Sandwich

Side: Campbell's Tomato Soup

Choose at Least 1 Fruit or Veg

Steamed Broccoli
Sliced Pears
Fresh Fruit or Veggies

<u>NOV. 17 Breakfast</u> Warm Sprinkle Waffle Fruit & Juice Choices & Milk <u>Today's Entree Choices</u> Pulled Pork Loaded Nachos w/cheese sauce, let,tom, salsa, banana peppers, sour cream <u>Choose at Least 1 Fruit or Veg</u> Broccoli Applesauce Fresh Fruit or Veggies	<u>NOV. 18 Breakfast</u> Breakfast Pizza Fruit & Juices Choices & Milk <u>Today's Entree</u> Chicken Parmesan w/Pasta & Sauce w/Garlic Breadstick <u>Choose at Least 1 Fruit or Veg</u> Steamed Cauliflower Tossed Salad Pineapple Fresh Fruit or Veggies	<u>NOV. 19 Breakfast</u> Strawberry Cream Cheese Stuffed Mini Bagels Fruit & Juice Choices & Milk <u>Today's Entree</u> New! Meatlovers Stromboli <u>Choose at Least 1 Fruit or Veg</u> Corn Sliced Peaches Fresh Fruit or Veggies	<u>NOV. 20 Breakfast</u> Breakfast Sandwich Fruit & Juice Choices & Milk <u>Today's Entree Choices</u> THANKSGIVING LUNCH Roasted Turkey w/gravy & Stuffing & Cranberry Sauce <u>Choose at Least 1 Fruit or Veg</u> Mashed Potatoes w/gravy Green Beans Peaches Fresh Fruits or Veggies Treat: Assorted Mini Pies	<u>NOV. 21 Breakfast</u> Freshly Baked WG Cinnamon Roll Fruit & Juice Choices & Milk <u>Today's Entree Choices</u> French Toast Sticks & Sausage Patty <u>Choose at least 1 Fruit or Veg</u> Tater Tots Sliced Pears Apple Juice Fresh Fruit or Veggies
<u>NOV. 24 Breakfast</u> Warm Sprinkle Waffle Fruit & Juice Choices & Milk <u>Today's Entree Choices</u> General Tso's Chicken w/Steamed Brown Rice <u>Choose at Least 1 Fruit or Veg</u> Steamed Broccoli Applesauce Fresh Fruit or Veggies	<u>NOV. 25 Breakfast</u> Breakfast Pizza Fruit & Juices Choices & Milk <u>Today's Entree Choices</u> Cheesesteak Sandwich w/peppers & onions <u>Choose at Least 1 Fruit or Veg</u> Green Beans Sliced Pears Fresh Fruit or Veggies	<u>NOV. 26 Breakfast</u> NO SCHOOL Thanksgiving Break	<u>NOV. 27 Breakfast</u> NO SCHOOL Thanksgiving Break 	<u>Nov. 28 Breakfast</u> NO SCHOOL Thanksgiving Break <u>FEATURED WEEKLY SALADS:</u> 11/3-7: Chef Salad w/WG Breadsticks 11/11-14: Chicken Caesar Salad w/Soft Pretzel Rods 11/17-21: Harvest Apple Chicken Salad w/WG Breadsticks 11/24-25 Turkey Club Salad w/WGR Roll
<u>Also Available Daily for BREAKFAST:</u> Variety of Cereal w/ChatSnax Cracker Crackers OR Muffin OR Nutrigrain Bar Bagel w/jelly or Cream Cheese WGR Poptarts (2) WGR Cereal Bar	<u>Grab –n– Go Daily Specials</u> 11/3-7: Chicken Cordon Bleu Sandwich on Pretzel Bun 11/10-14: Bacon Cheeseburger 11/17-21: Hot Ham & Cheese Sand. On Pretzel Bun 11/24-25: Pulled Pork Sandwich	 Great employment opportunity while you have a student in School. No nights, no weekends and no Holidays! Hiring substitute cooks for all schools Apply online at www.seal-pa.org	<u>ALSO available DAILY:</u> Cheeseburger, Breaded Chicken OR Spicy Chicken Sand., Variety of Subs/Wraps, Hummus, Yogurt, PB&J Uncrustable	<u>Weekly PIZZA Specials</u> 11/3-7: Bacon Chicken Ranch Pizza 11/10-14: Pepperoni Pizza 11/17-21: Buffalo Chicken Pizza 11/24-25: Veggie Pizza Cheese Pizza available DAILY!