



SASD is Currently HIRING:

~**CUSTODIANS-NOW!!**~

And COOKS for 26-27

School Year~

Apply TODAY online at

www.seal-pa.org

Selinsgrove Middle School Menu

MAY 2026

**** Menu Subject to Change**



2025-26 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

Also Available Daily for

BREAKFAST:

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

May 1st is **SCHOOL LUNCH HERO DAY**

**Please let your favorite
Lunch Person know how
much you appreciate all
that they do for you
throughout the year!
And tell them what YOUR
Favorite lunch is!**

May 1 Breakfast

Freshly Baked WG Cinnamon Roll
Fruit & Juice Choices & Milk

Today's Entree Choices

- Soft Taco w/Let, Tom, Cheese, Salsa
- w/Seasoned Brown Rice
- Chef Salad w/WG Roll
- Ham & Cheese Sandwich
- PB&J Uncrustable w/4oz Yogurt OR String Chz
- WG Soft Pretzel w/cheese OR 8 oz Yogurt

Choose at Least 1 Fruit or Veg

- Corn Refried Beans
- Peaches
- Fresh Fruit or Veggies

May 4 Breakfast

Breakfast Pizza
Fruit & Juice Choices & Milk

Today's Entree Choices

- Big Daddy's Pizza
- Chicken Garden Salad w/WG Roll
- Turkey & Cheese Sandwich
- PB&J Uncrustable w/4oz Yogurt OR String Chz
- WG Soft Pretzel w/cheese OR 8 oz Yogurt

Choose at Least 1 Fruit or Veg

- Seasoned Carrots
- Frozen Peach Cup
- Fresh Fruit or Veggies

May 5 Breakfast

Yogurt Parfait OR Warm Sprinkle Waffle
Fruit & Juices Choices & Milk

Today's Entree Choices

- Pulled Chicken Taco Loaded Nachos w/let, tom, cheese, salsa, sour cream
- Chicken Garden Salad w/WG Roll
- Turkey & Cheese Sandwich
- PB&J Uncrustable w/4oz Yogurt OR String Chz
- WG Soft Pretzel w/cheese OR 8 oz Yogurt

Choose at Least 1 Fruit or Veg

- Vegetarian Baked Beans
- Pineapple
- Fresh Fruit or Veggies

May 6 Breakfast

Cook's Choice
Fruit & Juice Choices & Milk

Today's Entree Choices

- Hot Ham & Cheese Sand. On Pretzel Bun
- Chicken Garden Salad w/WG Roll
- Turkey & Cheese Sandwich
- PB&J Uncrustable w/4oz Yogurt OR String Chz
- WG Soft Pretzel w/cheese OR 8 oz Yogurt

Choose at Least 1 Fruit or Veg

- Green Beans
- Applesauce
- Fresh Fruit or Veggies

Treat: Snack Crackers (Animal, Scooby, etc)

May 7 Breakfast

Breakfast Sandwich
Fruit & Juice Choices & Milk

Today's Entree Choices

- Chicken Alfredo w/pasta & WG Garlic Breadstick
- Chicken Garden Salad w/WG Roll
- Turkey & Cheese Sandwich
- PB&J Uncrustable w/4oz Yogurt OR String Chz
- WG Soft Pretzel w/cheese OR 8 oz Yogurt

Choose at Least 1 Fruit or Veg

- Steamed Broccoli
- Pears
- Fresh Fruit & Tossed Salads

May 8

NO SCHOOL

<p><u>May 11 Breakfast</u> Breakfast Pizza Fruit & Juice Choices & Milk</p> <p><u>Today's Entree Choices</u> General Tso's Chicken w/steamed rice Chef Salad w/Soft Pretzel Rod Bologna & Cheese Sandwich PB&J Uncrustable w/4oz Yogurt OR String Chz WG Soft Pretzel w/cheese OR 8 oz Yogurt</p> <p><u>Choose at Least 1 Fruit or Veg</u> Steamed Broccoli Cinnamon Applesauce Fresh Fruit or Veggies</p>	<p><u>May 12 Breakfast</u> Yogurt Parfait OR Warm Sprinkle Waffle Fruit & Juices Choices & Milk</p> <p><u>Today's Entree Choices</u> Cook's Choice Chef Salad w/Soft Pretzel Rod Bologna & Cheese Sandwich PB&J Uncrustable w/4oz Yogurt OR String Chz WG Soft Pretzel w/cheese OR 8 oz Yogurt</p> <p><u>Choose at Least 1 Fruit or Veg</u> Corn Pears Fresh Fruit or Veggies</p>	<p><u>May 13 Breakfast</u> Cook's Choice Fruit & Juice Choices & Milk</p> <p><u>Today's Entree Choices</u> Pasta w/ Meatsauce with Garlic Breadstick Chef Salad w/Soft Pretzel Rod Bologna & Cheese Sandwich PB&J Uncrustable w/4oz Yogurt OR String Chz WG Soft Pretzel w/cheese OR 8 oz Yogurt</p> <p><u>Choose at Least 1 Fruit or Veg</u> Tossed Salad Green Beans Pineapple Fresh Fruit</p>	<p><u>May 14 Breakfast</u> Breakfast Sandwich Fruit & Juice Choices & Milk</p> <p><u>Today's Entree Choices</u> Regular/Italian/Turkey OR Ham & Cheese Hoagie Chef Salad w/Soft Pretzel Rod Bologna & Cheese Sandwich PB&J Uncrustable w/4oz Yogurt OR String Chz WG Soft Pretzel w/cheese OR 8 oz Yogurt</p> <p><u>Choose at least 1 Fruit or Veg</u> Canned Fruit Fresh Fruit or Veggies TREAT: Baked Chips</p>	<p><u>May 15 Breakfast</u> Freshly Baked WG Cinnamon Roll Fruit & Juice Choices & Milk</p> <p><u>Today's Entree Choices</u> PA Beef Cheesteaks w/peppers, onions & sauce Chef Salad w/Soft Pretzel Rod Bologna & Cheese Sandwich PB&J Uncrustable w/4oz Yogurt OR String Chz WG Soft Pretzel w/cheese OR 8 oz Yogurt</p> <p><u>Choose at Least 1 Fruit or Veg</u> French Fries Frozen Peach Cup Fresh Fruit & Veggies</p>
<p><u>May 18 Breakfast</u> Breakfast Pizza Fruit & Juice Choices & Milk</p> <p><u>Today's Entree Choices</u> Three Cheese Calzones w/Marinara Sauce Chicken Garden Salad w/WG Roll Chex Cereal, Animal Crackers, Yogurt PB&J Uncrustable w/4oz Yogurt OR String Chz WG Soft Pretzel w/cheese OR 8 oz Yogurt</p> <p><u>Choose at Least 1 Fruit or Veg</u> Green Beans Applesauce Fresh Fruit or Veggies</p>	<p><u>May 19 Breakfast</u> Yogurt Parfait OR Warm Sprinkle Waffle Fruit & Juices Choices & Milk</p> <p><u>Today's Entree Choices</u> Chicken Patty Sandwich Chicken Garden Salad w/WG Roll Chex Cereal, Animal Crackers, Yogurt PB&J Uncrustable w/4oz Yogurt OR String Chz WG Soft Pretzel w/cheese OR 8 oz Yogurt</p> <p><u>Choose at Least 1 Fruit or Veg</u> Glazed Carrots Canned Fruit Fresh Fruit or Veggies</p>	<p><u>May 20 Breakfast</u> Cook's Choice Fruit & Juice Choices & Milk</p> <p><u>Today's Entree Choices</u> Big Daddy's Pizza Chicken Garden Salad w/WG Roll Chex Cereal, Animal Crackers, Yogurt PB&J Uncrustable w/4oz Yogurt OR String Chz WG Soft Pretzel w/cheese OR 8 oz Yogurt</p> <p><u>Choose at Least 1 Fruit or Veg</u> Steamed Broccoli Pears Fresh Fruit or Veggies</p>	<p><u>May 21 Breakfast</u> Breakfast Sandwich Fruit & Juice Choices & Milk</p> <p><u>Today's Entree Choices</u> Pancake w/Sausage Patty Chicken Garden Salad w/WG Roll Chex Cereal, Animal Crackers, Yogurt PB&J Uncrustable w/4oz Yogurt OR String Chz WG Soft Pretzel w/cheese OR 8 oz Yogurt</p> <p><u>Choose at Least 1 Fruit or Veg</u> Hashbrown Frozen Peach Cup Apple Juice Fresh Fruit or Veggies</p>	<p><u>May 22 Breakfast</u> Freshly Baked WG Cinnamon Roll Fruit & Juice Choices & Milk</p> <p><u>Today's Entree Choices</u> Meatball Hoagie w/Mozzarella Cheese Chicken Garden Salad w/WG Roll Chex Cereal, Animal Crackers, Yogurt PB&J Uncrustable w/4oz Yogurt OR String Chz WG Soft Pretzel w/cheese OR 8 oz Yogurt</p> <p><u>Choose at Least 1 Fruit or Veg</u> Corn Pineapple Fresh Fruit or Veggies Treat: Ice Cream/Froot Jooce Ice</p>
<p><u>May 25</u></p> <p>NO SCHOOL</p> <p>MEMORIAL DAY</p>	<p><u>May 26 Breakfast</u> Warm Sprinkle Waffle Fruit & Juices Choices & Milk</p> <p><u>Today's Entree Choices</u> Chicken Nuggets w/Soft Pretzel Rod Chef Salad w/WG Roll Ham & Cheese Sandwich PB&J Uncrustable w/4oz Yogurt OR String Chz WG Soft Pretzel w/cheese OR 8 oz Yogurt</p> <p><u>Choose at least 1 Fruit or Veg</u> French Fries Canned/Frozen Fruit Fresh Fruit OR Veggies</p>	<p><u>May 27 Breakfast</u> Cook's Choice Fruit & Juice Choices & Milk</p> <p><u>Today's Entree Choices</u> Pizza Chef Salad w/WG Roll Ham & Cheese Sandwich PB&J Uncrustable w/4oz Yogurt OR String Chz WG Soft Pretzel w/cheese OR 8 oz Yogurt</p> <p><u>Choose at Least 1 Fruit or Veg</u> Cook's Choice Cooked Vegetable Canned/Frozen Fruit Fresh Fruit OR Veggies</p>	<p><u>May 28 Breakfast</u> Cook's Choice Fruit & Juice Choices & Milk</p> <p><u>Today's Entree Choices</u> Cook's Choice Chef Salad w/WG Roll Ham & Cheese Sandwich PB&J Uncrustable w/4oz Yogurt OR String Chz WG Soft Pretzel w/cheese OR 8 oz Yogurt</p> <p><u>Choose at Least 1 Fruit or Veg</u> Cook's Choice Cooked Vegetable Canned/Frozen Fruit Fresh Fruit OR Veggies Treat: Cook's Choice</p>	<p><u>May 29 Breakfast</u> Cook's Choice Fruit & Juice Choices & Milk</p> <p>EARLY DISMISSAL</p> <p>NO LUNCH</p> <p>ENJOY YOUR SUMMER! See you August 26th!</p>