SELINSGROVE AREA HIGH SCHOOL MENU
NOVEMBER 2026

**Menu Subject to change

NOV. 2 BREAKFAST Breakfast Pizza OR Cereal Juice & Variety of Fruit & Milk **Today's Entree Choices** Three Cheese Calzones **Choose at least 1 Fruit or Veg** Seasoned Carrots Sliced Peaches Fresh Fruits & Vegetables	**NOV. 3 BREAKFAST** Mini Cini OR Yogurt Parfait OR Cereal Juice & Variety of Fruit & Milk **Today's Entree Choices** Walking Taco w/let,tom/cheese, salsa, sour cream and Seasoned Brown Rice **Choose at least 1 Fruit or Veg** Seasoned Black Beans Manadarin Oranges Fresh Fruits & Vegetables	**NOV. 4 BREAKFAST** Warm Sprinkle Waffle OR Creal Juice & Variety of Fruit & Milk **Today's Entree Choices** Fish Sandwich MTO Line: Baked Potato w/toppings **Choose at least 1 Fruit or Veg** Steamed Broccoli Applesauce Fresh Fruits & Vegetables	**NOV. 5 BREAKFAST** Egg & Cheese Breakfast Sand. Juice & Variety of Fruit & Milk **Today's Entree Choices** Toasted Cheese Sandwich w/Tomato Soup **Choose at least 1 Fruit or Veg** Green Beans Mandarin Oranges Fresh Fruits & Vegetables TREAT: Goldfish Crackers	**NOV. 6 BREAKFAST** Colby Cheese Omelet & Hashbrown Juice & Variety of Fruit & Milk **Today's Entree Choices** PA BEEF Hot Roast Beef Sandwich w/gravy **Choose at least 1 Fruit or Veg** Mashed Potatoes w/gravy Sliced Pears Fresh Fruits & Vegetables TREAT: Frozen Froot Jooce Ice
NOV. 9 **ACT 80/PROFESSIONAL DEVELOPMENT DAY** **NO SCHOOL**	**NOV. 10 BREAKFAST** Mini Cini OR Yogurt Parfait OR Cereal Juice & Variety of Fruit & Milk **Today's Entree Choices** Chicken Nuggets w/Biscuit **Choose at least 1 Fruit or Veg** French Fries Manadarin Oranges Fresh Fruits & Vegetables	**NOV. 11 BREAKFAST** Warm Sprinkle Waffle OR Creal Juice & Variety of Fruit & Milk **Today's Entree Choices** Hot Ham & Cheese Sandwich on Pretzel Bun MTO Line: PA Beef Cheesesteak w/toppings **Choose at least 1 Fruit or Veg** Seasoned Black Beans Applesauce Fresh Fruits & Vegetables TREAT: Frozen Froot Jooce Ice	**NOV. 12 BREAKFAST** Egg & Cheese Breakfast Sand. Juice & Variety of Fruit & Milk **Today's Entree Choices** Pasta w/Meatsauce w/ Garlic Breadstick **Choose at least 1 Fruit or Veg** Peas Tossed Salad w/dressings Pineapple Fresh Fruits	**NOV. 13 BREAKFAST** Colby Cheese Omelet & Hashbrown Juice & Variety of Fruit & Milk **Today's Entree Choices** Bosco Cheese Stuffed Sticks w/Marinara Sauce **Choose at least 1 Fruit or Veg** Steamed Broccoli Sliced Pears Fresh Fruits & Vegetables

NOV. 16 BREAKFAST Breakfast Pizza OR Cereal Juice & Variety of Fruit & Milk **Today's Entree Choices** BBQ Pulled Pork Sandwich **Choose at least 1 Fruit or Veg** Sweet Potato Fries Sliced Pears Fresh Fruits & Vegetables	**NOV. 17 BREAKFAST** MIni Cini OR Yogurt Parfait OR Cereal Juice & Variety of Fruit & Milk **Today's Entree Choices** PA BEEF Cheeseburger w/let,tom,onion,pickles **Choose at least 1 Fruit or Veg** Steamed Broccoli Mandarin Oranges Fresh Fruits & Vegetables	**NOV. 18 BREAKFAST** Warm Sprinkle Waffle OR Cereal Juice & Variety of Fruit & Milk **Today's Entree Choices** Corn Dog MTO Line: Asian Rice Bowl **Choose at least 1 Fruit or Veg** Vegetarian Baked Beans Cinnamon Applesauce Fresh Fruits & Vegetables	**NOV. 19 BREAKFAST** Egg & Cheese Breakfast Sand. Juice & Variety of Fruit & Milk **Today's Entree Choices** THANKSGIVING LUNCH Roasted Turkey w/Gravy & Stuffing & Cranberry Sauce **Choose at least 1 Fruit or Veg** Mashed Potatoes w/Gravy Green Beans Sliced Peaches ~ Fresh Fruit ~ Fresh Veggies TREAT: Mini Pumpkin OR Pudding Pie	**NOV. 20 BREAKFAST** Colby Cheese Omelet & Hashbrown Juice & Variety of Fruit & Milk **Today's Entree Choices** Cheesy Chicken Parm Sub **Choose at least 1 Fruit or Veg** Tossed Salad Corn Pineapple Fresh Fruits
NOV. 23 BREAKFAST Breakfast Pizza OR Cereal Juice & Variety of Fruit & Milk **Today's Entree Choices** Pancakes w/Sausage Patty **Choose at least 1 Fruit or Veg** Hashbrown Pears Orange Juice Fresh Fruits & Vegetables	**NOV. 24 BREAKFAST** Mini Cini OR Yogurt Parfait OR Cereal Juice & Variety of Fruit & Milk **Today's Entree Choices** Chicken Nuggets w/ Soft Pretzel Rod **Choose at least 1 Fruit or Veg** Steamed Broccoli Pineapple Fresh Fruits & Vegetables	**NOV. 25** **THANKSGIVING BREAK** **NO SCHOOL**	**NOV. 26** **THANKSGIVING BREAK** **NO SCHOOL**	**NOV. 27** **THANKSGIVING BREAK** **NO SCHOOL**
NOV. 30 **THANKSGIVING BREAK** **NO SCHOOL** **Also Available Daily for BREAKFAST:** Variety of Cereal Bagel w/jelly or Cream Cheese WGR Poptarts (2) Muffins	**Grab-n- Go Weekly Specials:** 11/2-6: Meatball Sub w/cheese 11/10-13: Rib-a-que Sandwich 11/16-20: Bacon Cheeseburger 11/23-24: Chicken Cordon Bleu Sandwich **Also available Daily for LUNCH:** Cheeseburger, Spicy OR Plain Chicken Sandwich, Variety of Subs, Uncrustables or Yogurt	**Weekly Pizza Specials:** 11/2-6: Pepperoni Pizza 11/10-13: Buffalo Chicken Pizza 11/16-20: Chicken Bacon Ranch Pizza 11/23-24: Veggie Pizza Cheese Pizza also available DAILY! **FEATURED WEEKLY SALADS:** 11/2-6: Turkey Club Salad w/Soft Pretzel Rods 11/10-13: Chef Salad w/WGR Roll 11/16-20: Harvest Apple Chicken Salad w/breadsticks 11/23-24: Grilled Chix Garden Salad w/Soft Pretzel Rods	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)	**2026-27 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 Studetns - FREE Paid - $2.70 EVERY student must take a Vegetable OR Fruit to count as a Lunch