SELINSGROVE AREA MIDDLE 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** Yogurt Parfait OR Cereal Juice & Variety of Fruit & Milk **Today's Entree Choices** Chicken Patty Sandwich **Choose at least 1 Fruit or Veg** Tater Tots Manadarin Oranges Fresh Fruits & Vegetables	**NOV. 4 BREAKFAST** Warm Sprinkle Waffle OR Creal 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 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** Steamed Broccoli Mandarin Oranges Fresh Fruits & Vegetables TREAT: Goldfish Crackers	**NOV. 6 BREAKFAST** Colby Cheese Omelet & Hashbrown Juice & Variety of Fruit & Milk **Today's Entree Choices** Meatball Sub w/Mozzarella Cheese **Choose at least 1 Fruit or Veg** Corn Sliced Pears Fresh Fruits & Vegetables TREAT: Frozen Froot Jooce Ice
NOV. 9 **ACT 80/PROFESSIONAL DEVELOPMENT DAY** **NO SCHOOL**	**NOV. 10 BREAKFAST** 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 **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** Cheesesteak Sub w/peppers & onions **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** Yogurt Parfait OR Cereal Juice & Variety of Fruit & Milk **Today's Entree Choices** Garlic French Bread Pizza OR Big Daddy's Pizza **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 **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** Chicken Patty Sandwich **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** 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** **Weekly Alternate Lunch Specials:** 11/2-6: Cinn. Chex Cereal, Grahams, Yogurt 11/10-13: Turkey & Cheese Sand. 11/16-20: Bologna & Cheese Sandwich 11/23-24: Turkey & Cheese Sandwich **Also available Daily for LUNCH:** * PB&J Uncrustable w/String Cheese or 4 oz. Yogurt * WG Soft Pretzel w/cheese OR 8 oz. Yogurt	**Also Available Daily for BREAKFAST:** Variety of Cereal w/Animal Crackers OR Muffin Bagel w/jelly or Cream Cheese **FEATURED WEEKLY SALADS:** 11/2-6: Chef Salad w/WGR Roll 11/10-13: Chef Salad w/WGR Roll 11/16-20: Grilled Chix Garden Salad w/Garlic Knot 11/23-24: Chef Salad w/WGR Roll	*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)	 **Apply online at seal-pa.org** **Now hiring Cooks!** Great job to do while your student is at school! No weekends, holidays or summers! Also hiring: **Paraprofessionals, Full Time 2nd Shift Custodians & part-time custodians with flexible hours** **Apply TODAY!**	**2026-27 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 Studetns - FREE Paid - $2.70 EVERY student must take a Vegetable OR Fruit to count as a Lunch