

May 2021

SELIGMAN SCHOOLS

LUNCH



ALL MEALS ARE FREE THIS SCHOOL YEAR 2020-2021

BREAKFAST 7:30 – 8:00 am in Cafeteria or Grab n Go cart by Bus drop off -7:35-7:45am
Breakfast options include a grain, fruit, 100% juice, milk.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday

Mini Waffles

3

MINI CORN DOGS

Tuesday

Scrambled Eggs & UBR

4

SOFT TACOS

Wednesday

Donut

5

CHICKEN TERIYAKI

Thursday

Biscuit & Gravy/Sausage

6

STUFFED BREADSTICKS or PIZZA

Friday

Join us for breakfast at 7:30 am!!

Cereal is always available for breakfast, juice, fruit & Milk variety.

Honeybun

10

CHICKEN STRIPS & WAFFLE FRIES

Scrambled Eggs & Frudel

11

TAQUITOS

Breakfast Sandwich

12

CHICKEN SANDWICH

Biscuit & Gravy/Sausage

13

ITALIAN SPECIAL or PIZZA

14

Rnd Cinnamon Roll

17

SPAGHETTI & MEAT SAUCE

Omelet & Blueberry Muffin

18

NACHOS

Bagel w/ Strawberry Cr Ch

19

HAMBURGER

Biscuit & Gravy/Sausage

20

BBQ PULLED PORK or PIZZA

"This institution is an equal opportunity provider." 21

Large Muffin

24

CHICKEN BREAST w/ MASHED POTATOES

EARLY RELEASE

25

Scrambled Eggs & Breads

MANAGER'S SPECIAL

LAST DAY OF SCHOOL EARLY RELEASE 26

MANAGER'S SPECIAL FOR BREAKFAST & LUNCH

27

28

MEMORIAL DAY

31

