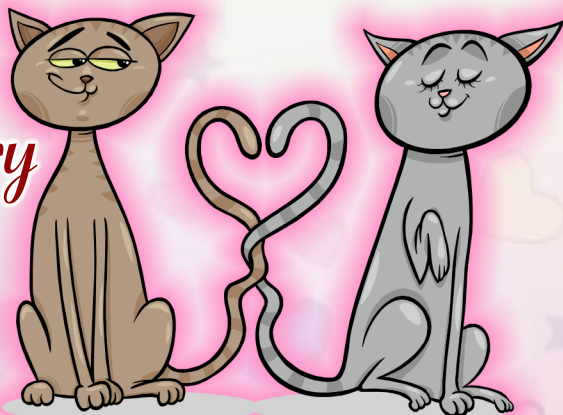


# Menus for February 2019

Seaford School  
District  
Pre-K @ HS

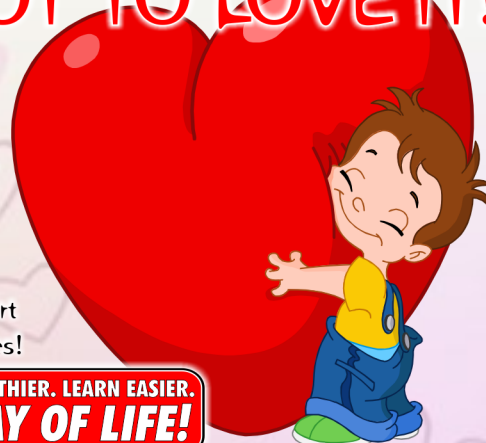


This institution is an equal opportunity provider. Menus are subject to change.

## YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**



Friday, February 1

### Breakfast

Banana or Blueberry Bread  
Assorted Fruit

### Lunch

Chicken Cheesesteak  
or  
Meatball Sub  
Crispy Oven Fries  
Red/Green Pepper Cup  
Chilled Mixed Fruit  
Assorted Fresh Fruit

## NUTRITION TO GO

Think salad is always healthy? The dressing on some restaurant salads may add hundreds of calories and 20 grams of fat to a meal! So try to ask for the dressing on the side when you eat out, choose oil-and-vinegar style over creamier dressings, and consider lower-fat dressing when buying by the bottle.

## A QUICK BITE FOR PARENTS

Monday, February 4

### Breakfast

Mini Confetti Pancakes  
Assorted Fruit

### Lunch

Grilled Cheese Sandwich  
or  
BBQ Chicken Sandwich  
Glazed Carrot Coins  
Marinated Vegetable Salad  
Pineapple Tidbits  
Assorted Fresh Fruit

Tuesday, February 5

### Breakfast

Mini Blueberry Waffles  
Assorted Fruit

### Lunch

Shrimp Poppers w/  
Mac & Cheese  
or  
Pork BBQ Sandwich  
Buttery Corn  
Baby Carrots  
Frozen Mixed Berry Cup  
Assorted Fresh Fruit  
Vegetable Soup

Wednesday, February 6

### Breakfast

Assorted Muffins  
Assorted Fruit

### Lunch

Mandarin Orange Chicken w/  
Rice  
or  
French Bread Pizza  
Steamed Broccoli  
Cucumber Slices  
Sliced Apples  
Assorted Fresh Fruit  
Peas & Dumpling Soup

Thursday, February 7

### Breakfast

Piggletstick  
Assorted Fruit

### Lunch

Beef OR Chicken Fajitas w/  
Rice  
Chipotle Bean Salad  
Zesty Corn  
Shredded Lettuce & Tomato  
Chilled Pears  
Assorted Fresh Fruit

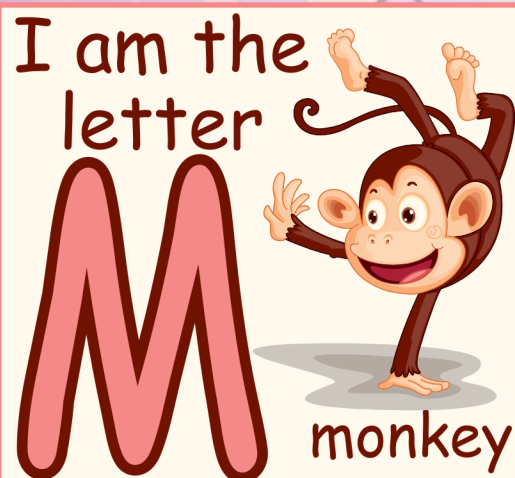
Friday, February 8

### Breakfast

Banana or Blueberry Bread  
Assorted Fruit

### Lunch

Popcorn Chicken  
or  
Turkey Wrap  
Fluffy Mashed Potatoes  
Celery Cup  
Chilled Peaches  
Assorted Fresh Fruit



Monday, February 11

### Breakfast

Mini Bagels  
Assorted Fresh Fruit

### Lunch

Chicken Tenders w/ Roll  
or  
Hot Ham & Cheese on Pretzel  
Roasted Butternut Squash  
Caesar Side Salad  
Chilled Applesauce  
Assorted Fresh Fruit

Tuesday, February 12

### Breakfast

Cinnamon Rush French Toast  
Assorted Fruit

### Lunch

Shepherd's Pie  
or  
Sausage, Egg, Cheese Sandwich  
Peas & Carrots  
Cucumber Slices  
Chilled Mixed Fruit  
Assorted Fresh Fruit  
Chicken & Rice Soup

Wednesday, February 13

### Breakfast

Assorted Muffins  
Assorted Fruit

### Lunch

Baked Chicken w/ Roll  
or  
Fish Nuggets w/ Roll  
Warm Baked Beans  
Celery & Carrot Sticks  
Chilled Peaches  
Assorted Fresh Fruit  
Potato & Red Pepper Soup

Thursday, February 14

### Breakfast

Piggletstick  
Assorted Fruit

### Lunch

General Tso's Chicken w/ Rice  
or  
Chicken Nuggets w/ Roll  
Steamed Broccoli  
Bok Choy w/ Red Peppers  
Strawberry Parfait  
Assorted Fresh Fruit

Friday, February 15



**No  
School  
Today**



*Seaford Nutrition Services  
Mobile App  
is at your fingertips!  
You will find information  
about the nutrients and allergens  
right on your mobile device.*



**Q** • Why is fish often prepared and served with lemon?



**A:** Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, February 18



**NO SCHOOL TODAY**

Tuesday, February 19

**Breakfast**

Mini Blueberry Waffles  
Assorted Fruit

**Lunch**

Spaghetti & Meat Sauce w/  
Garlic Breadstick  
or  
Spicy or Mild Chicken Wrap  
Steamed Green Beans  
Garden Salad w/ Tomatoes  
Chilled Peaches  
Assorted Fresh Fruit  
Wedding Soup

Wednesday, February 20

**Breakfast**

Assorted Muffins  
Assorted Fruit

**Lunch**

Buffalo Chicken Mac & Cheese  
w/ Roll  
or  
Pork BBQ Sandwich  
Glazed Carrot Coins  
Celery Cups  
Chilled Mixed Fruit  
Assorted Fresh Fruit  
Chicken Noodle Soup

Thursday, February 21

**Breakfast**

Pigglestick  
Assorted Fruit

**Lunch**

Beef OR Chicken Fajitas w/  
Rice  
Zesty Corn  
Pico de Gallo  
Shredded Lettuce & Tomato  
Chilled Pears  
Assorted Fresh Fruit

Friday, February 22

**Breakfast**

Banana or Blueberry Bread  
Assorted Fruit

**Lunch**

Hot Dog on Roll  
or  
Crispy Fish & Cheese Sandwich  
Warm Baked Beans  
Sliced Cucumbers  
Apple Slices  
Assorted Fresh Fruit

Monday, February 25

**Breakfast**

Mini Bagels  
Assorted Fruit

**Lunch**

Boneless Chicken Wings w/ Roll  
or  
Turkey & Cheese Panini  
Warm Baked Beans  
Celery Cup  
Chilled Applesauce  
Assorted Fresh Fruit

Tuesday, February 26

**Breakfast**

Cinnamon Rush French Toast  
Assorted Fruit

**Lunch**

Crispy or Spicy Chicken Patty  
or  
Grilled Cheese Sandwich  
Red/Green Pepper Cups  
Chilled Pears  
Assorted Fresh Fruit  
Tomato Soup

Wednesday, February 27

**Breakfast**

Breakfast Bar  
Assorted Fruit

**Lunch**

Max Stick w/  
Marinara Cup  
or  
Pulled Pork Sandwich  
Roasted Brussel Sprouts  
Cucumber Slices  
Side Kicks Icy  
Assorted Fresh Fruit  
Fiesta Soup

Thursday, February 28

**Breakfast**

Pigglestick  
Assorted Fruit

**Lunch**

General Tso's Chicken w/ Rice  
or  
BBQ Teriyaki Chicken w/ Rice  
Steamed Broccoli  
Bok Choy w/ Red Peppers  
Pineapple Tidbits  
Assorted Fresh Fruit

**STRANGE  
BUT TRUE!**

**DID YOU MISS HIM?  
WELL, HE'S BACK! LAST  
YEAR, THERE WAS NO  
FULL MOON IN THE ENTIRE  
MONTH OF FEBRUARY.  
THAT CAN ONLY HAPPEN  
IN THE MONTH THAT  
HAS JUST 28 DAYS!**

