



Great employment opportunity while you have a student in School. No nights, no weekends and no Holidays!

Hiring cooks for the Elementary, Intermediate and High Schools.

Apply online at www.seal-pa.org

Selinsgrove Middle School Menu

November 2024

2024-25 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/Bear Graham Crackers OR Muffin OR Nutrigrain Bar
Bagel w/jelly or Cream Cheese
WGR Pop-Tarts (2)
WGR Cereal Bar
Warm Fruit Filled Frudel

Also available Daily for LUNCH:

- * Chef Salad w/WG Dinner Roll
- * PB&J Sandwich w/String Cheese or 4 oz. Yogurt
- * Fluffernutter Sandwich w/String Cheese OR 4 oz. Yogurt
- * WG Soft Pretzel w/cheese OR 8 oz. Yogurt

Weekly Sandwich Specials:
11/1: Cinn. Chex Cereal, Grahams & 8 oz. Yogurt
11/7-10: Bologna & Cheese Sandwich
11/13-17: Turkey & Cheese Sandwich
11/20-21: Lebanon Bologna Sandwich
11/28-12/1: Ham & Cheese Sandwich

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 Myschoolbucks.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)

Nov. 1 Breakfast
Freshly Baked WG Cinnamon Roll
Fruit & Juice Choices & Milk

Today's Entree Choices
Sloppy Joe on Roll

Choose at least 1 Fruit or Veg
Seasoned Potatoes
Mandarin Oranges
Fresh Fruit or Veggies

NOV. 4 Breakfast
Pancakes & Sausage
Fruit & Juice Choices & Milk

Today's Entree Choices
Popcorn Chicken w/WG Roll

Choose at least 1 Fruit or Veg
Mashed Potatoes w/Gravy
Corn
Peaches
Fresh Fruit or Veggies

NOV. 5 Breakfast
Breakfast Pizza
Fruit & Juices Choices & Milk

Today's Entree Choices
Big Daddy's Pizza

Choose at Least 1 Fruit or Veg
Broccoli
Celery w/Peanut Butter
Mandarin Oranges
Fresh Fruit

NOV. 6 Breakfast
French Toast Sticks
Fruit & Juice Choices & Milk

Today's Entree Choices
Cheeseburger on WG Roll w/let,tom,pickles

SIDE: Mini Pierogies

Choose at Least 1 Fruit or Veg
Vegetarian Baked Beans
Sliced Peaches
Fresh Fruit or Veggies

Treat: Ice Cream Cup

NOV. 7 Breakfast
Breakfast Bagel Sandwich
Fruit & Juice Choices & Milk

Today's Entree Choices
Regular/Italian/JHam or Turkey & Cheese Hoagie

Choose at Least 1 Fruit or Veg
Sliced Pears
Fresh Fruit or Veggies

TREAT: Baked Lays Chips

NOV. 8 Breakfast
Freshly Baked WG Cinnamon Roll
Fruit & Juice Choices & Milk

Today's Entree Choices
Pasta w/Meatsauce w/Garlic Breadstick

Choose at Least 1 Fruit or Veg
Green Beans
Cinnamon Applesauce
Fresh Fruit or Veggies

<p>NOV. 11 Breakfast</p> <p>NO SCHOOL Act 80/Professional Day</p> 	<p>NOV. 12 Breakfast Breakfast Pizza Fruit & Juices Choices & Milk</p> <p>Today's Entree Choices Chicken Nuggets w/ Dinner Roll</p> <p>Choose at Least 1 Fruit or Veg Seasoned Curly Fries Applesauce Cup Fresh Fruit or Veggies</p> <p>TREAT: Animal Crackers</p>	<p>NOV. 13 Breakfast French Toast Sticks Fruit & Juice Choices & Milk</p> <p>Today's Entree Choices Three Cheese Calzones w/Marinara Sauce</p> <p>Choose at Least 1 Fruit or Veg Steamed Carrots Sliced Peaches Fresh Fruit or Veggies</p>	<p>NOV.14 Breakfast Breakfast Bagel Sandwich Fruit & Juice Choices & Milk</p> <p>Today's Entree Choices Walking Taco w/Lettuce & Tomato w/Seasoned Brown Rice</p> <p>Choose at least 1 Fruit or Veg Refried Beans Pineapple Fresh Fruit or Veggies</p>	<p>NOV.15 Breakfast Freshly Baked WG Cinnamon Roll Fruit & Juice Choices & Milk</p> <p>Today's Entree Choices Grilled Cheese <u>OR</u> Grilled Ham & Cheese Sandwich</p> <p>Side: Campbell's Tomato Soup</p> <p>Choose at Least 1 Fruit or Veg Steamed Broccoli Sliced Pears Fresh Fruit or Veggies</p>
<p>NOV. 18 Breakfast Pancakes & Sausage Fruit & Juice Choices & Milk</p> <p>Today's Entree Choices Nardone's Stuffed Crust Pizza</p> <p>Choose at Least 1 Fruit or Veg Green Beans Applesauce Fresh Fruit or Veggies</p>	<p>NOV. 19 Breakfast Breakfast Pizza Fruit & Juices Choices & Milk</p> <p>Today's Entree Chicken Parmesan w/Pasta & Sauce w/Garlic Breadstick</p> <p>Choose at Least 1 Fruit or Veg Steamed Cauliflower Tossed Salad Pineapple Fresh Fruit or Veggies</p>	<p>NOV. 20 Breakfast French Toast Sticks Fruit & Juice Choices & Milk</p> <p>Today's Entree Hot Dog <u>OR</u> Hot Sausage w/peppers & onions on WG Roll</p> <p>Choose at Least 1 Fruit or Veg Vegetarian Baked Beans Sliced Peaches Fresh Fruit or Veggies</p>	<p>NOV. 21 Breakfast Breakfast Bagel Sandwich Fruit & Juice Choices & Milk</p> <p>Today's Entree Choices THANKSGIVING LUNCH Roasted Turkey w/gravy & Stuffing & Cranberry Sauce</p> <p>Choose at Least 1 Fruit or Veg Mashed Potatoes w/gravy Green Beans Mandarin Oranges Fresh Fruits or Veggies</p> <p>Treat: Assorted Mini Pies</p>	<p>NOV. 22 Breakfast Freshly Baked WG Cinnamon Roll Fruit & Juice Choices & Milk</p> <p>Today's Entree Choices French Toast Sticks & Sausage Patty</p> <p>Choose at least 1 Fruit or Veg Hashbrown Mixed Fruit Apple Juice Fresh Fruit or Veggies</p>
<p>NOV. 25 Breakfast Pancakes & Sausage Fruit & Juice Choices & Milk</p> <p>Today's Entree Choices General Tso's Chicken w/Steamed Brown Rice</p> <p>Choose at Least 1 Fruit or Veg Steamed Broccoli Applesauce Fresh Fruit or Veggies</p>	<p>NOV. 26 Breakfast Breakfast Pizza Fruit & Juices Choices & Milk</p> <p>Today's Entree Choices Macaroni & Cheese w/Chicken Tenders</p> <p>Choose at Least 1 Fruit or Veg Stewed Tomatoes Green Beans Sliced Pears Fresh Fruit or Veggies</p>	<p>NOV. 27 Breakfast</p> <p>NO SCHOOL Thanksgiving Break</p>	<p>NOV. 28 Breakfast</p> <p>NO SCHOOL Thanksgiving Break</p> 	<p>Nov. 29 Breakfast</p> <p>NO SCHOOL Thanksgiving Break</p>