

SEAMAN BREAKFAST MENU 2016-17

**Breakfast Menu for Seaman High School, Seaman Middle School,
Logan Elementary, and Northern Hills Elementary**

Schools with Breakfast Programs must offer three food components:
GRAINS, JUICE/FRUIT, & MILK

Seaman Food Service offers at least five food items daily.

- **STUDENTS MUST SELECT AT LEAST THREE FOOD ITEMS**
- **ONE ITEM MUST BE ½ CUP FRUIT OR ½ CUP JUICE**
- **Students may take up to FOUR ITEMS**

Student Breakfast Includes:

Choice of Grain/Bread & Choice of Fruit and/or Juice & Choice of Milk

Other Choices available daily:

Selection of Cereal **OR** Cereal Bar **AND**
the Entrée of the Day

Monday	Breakfast Pizza <u>OR</u> Pastry & Mandarin Oranges
Tuesday	Mini Corn Dogs & Pineapple
Wednesday	Mini Bagels & Orange Wedges
Thursday	Biscuit with Gravy & Sliced Pears
Friday	Pancake Wrap <u>OR</u> Pastry & Applesauce Cup

Each Breakfast Meal must have ½ cup fruit or juice and at least 2 other items

**Breakfast Meals are available for students enrolled in the Boys & Girls
Club before school programs at Elmont Elementary, North Fairview
Elementary, and West Indianola Elementary.**

(Breakfast is not included with the Boys & Girls Program Fees. Paid or reduced charges from Seaman Food Service apply)

Breakfast Bag:

Cereal Bowl	Whole Grain Snack		
Spoon & Napkin	Juice	Applesauce Cup	Choice of Milk

Breakfast Prices: Students \$1.75 Reduced \$.30 Adults \$2.25

The USDA is an equal opportunity provider and employer.