

February



**Seaman
USD#345
February 2017
Menu Subject to
Change**



Monday

Tuesday

Wednesday

Thursday

Friday

<p>February Meal Prices: February = 18 Days Elementary @\$2.50 = \$45.00 Secondary @\$2.75 = \$49.50 Reduced @.40 = \$7.20 Extra Milk = .50 Adult Lunches = \$3.75 SHS Extra Entree = \$2.10 Checks Payable to Seaman Food Service</p>	<p>1 M/MA & G/B: Chicken Tenders G/B: Cool Ranch Doritos V: Green Beans Fresh Veggies/Dip F: Banana Cal 684 Carb 85.1g T.Fat 26.0g</p>	<p>2 M/MA & G/B: Taco Salad V: Seasoned Carrots, Refried Beans F: Apple Juice, Pineapple Chunks Cal 738 Carb 107.4g T.Fat 20.7g</p>	<p>3 M/MA: Chicken Nuggets Optional: Sweet & Sour Sauce G/B: Asian Style Rice V: Seasoned Peas, Fresh Veggies/Dip F: Chilled Sliced Pears Cal 717 Carb 104.4g T.Fat 18.7g</p>	
<p>6 M/MA & G/B: Max Stix with Sauce G/B: Baked Tostitos V: Sliced Carrots, Salad Black Bean & Corn Salsa, F: Apple Smiles Cal 882 Carb 121.5g T.Fat 24.0g</p>	<p>7 M/MA & G/B: Chicken Patty on Bun V: Seasoned Broccoli, Spudsters Potatoes F: Rosy Applesauce Cal 822 Carb 123.3g T.Fat 22.2g</p>	<p>8 M/MA: Crispito V: Seasoned Corn, Tossed Salad, Refried Beans F: Mixed Fruit Orange Wedges Cal 679 Carb 95.2g T.Fat 21.4g</p>	<p>9 M/MA: Pizza V: Seasoned Peas, Tossed Salad, Fresh Veggies/Dip F: Sliced Pears Cal 658 Carb 101g T.Fat 15.7g</p>	<p>10 M/MA & G/B: Turkey Fritter V: Whipped Potatoes, Seasoned Green Beans Tossed Salad F: Chilled Peaches Cal 836 Carb 107.4g T.Fat 31.5g</p>
<p>13 M/MA: Popcorn Chicken G/B: Asian Style Rice V: Seasoned Broccoli, Fresh Veggies F: Apple Juice Sliced Pears Cal 656 Carb 100.2g T.Fat 16.8g</p>	<p>14 M/MA & G/B: Hamburger/Bun V: Potato Chunks, Tossed Salad Sliced Carrots F: Fruit Cocktail Cal 721 Carb 100.8g T.Fat 22.3g</p>	<p>15 M/MA & G/B: Corn Dog V: Seasoned Corn, Baked Beans Roundabout Potatoes Fresh Veggies/Dip F: Banana and OJ Cal 898 Carb 140.2g T.Fat 25.9g</p>	<p>16 M/MA & G/B: Chicken Tenders G/B: Snack Mix V: Peas & Salad F: Orange Smiles, Rosy Applesauce Cal 795 Carb 113.7g T.Fat 24.5g</p>	<p>17 No School Parent / Teacher Conferences </p>
<p>20 No School Professional Learning </p>	<p>21 M/MA & G/B: Pizza V: Seasoned Carrots, Tossed Salad F: Chilled Peaches Apple Wedges Cal 573 Carb 84.3g T.Fat 15.9g</p>	<p>22 M/MA & G/B: Chix Fajita G/B: Smart Snack V: Refried Beans, F: Applesauce, Orange Wedges Cal 701 Carb 102.9 T.Fat 19.1g</p>	<p>23 M/MA & G/B: Breaded Pork Pattie V: Whipped Potatoes, Tossed Salad Seasoned Broccoli F: Sliced Pears Cal 862 Carb 114.9g T.Fat 30.2g</p>	<p>24 M/MA & G/B: Chicken Patty on Bun G/B: Cool Ranch Doritos V: Seasoned Green Beans, Tossed Salad F: Banana Cal 745 Carb 101.4g T.Fat 24.7g</p>
<p>27 M/MA & G/B: Grilled Chicken Patty, Kids Snack Mix V: Seasoned Peas, Spudster Potatoes F: Chilled Pears Cal 914 Carb 127.1g T.Fat 31.2g</p>	<p>28 M/MA & G/B: Chicken Tenders V: Oven Potatoes, Seasoned Corn, Tossed Salad F: Rosy Applesauce Cal 809 Carb 115.7g T.Fat 26.7g</p>	<p>ALL Meal Accounts are DEBIT. Email Notification of Meal Account Balances is FREE SIGN UP AT www.seamanschools.org, Food Service Department, mySchoolBucks Parents & Guardians are responsible for keeping their student's meal account positive. Child nutrition benefits may be applied for at any time during the school year. Please call 575-8650 for more</p>		<p>Milk Choices with Each Meal: 1% Milk, Skim Chocolate, Skim Strawberry</p>