

**South Shore Educational Collaborative**

**Breakfast Menu for April 2021**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Maple Blast PancakesSyrup | Sausage Egg and Cheese Bagel | Strawberry Peach SmoothieBunny Grahams | Cinnamon and Brown Sugar Bagel | Homemade Chocolate Chip Muffin |

**Daily Breakfast Choices:**

**Warm Bagel**

**Whole Grain Chocolate Chip Banana Bar**

**Whole Grain Chocolate Muffin**

**Cinnamon Toast Cereal**

**Cocoa Puffs Cereal**

**GF Cheerios or GF Muffin**

**Breakfast includes entrée, apple juice, 1% white milk, fruit cup or whole fruit**

Salad Bar available daily for High School, Careers & Mini School Students.

 Bagel bagged lunch, Sun butter & jelly bagged lunch & ½ Deli Sandwiches & small soup of the day available daily to all students.

 Milk choices include 1% white, skim chocolate and skim strawberry

Questions? Please call Kathy Sylvia 339-201-4577

 Please inform kitchen staff of any allergies before placing orders.

Breakfast is free for all students.

Questions?

Please email or call Kathy Sylvia 339-201-4577

ksylvia@ssec.org

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 Bagel bagged lunch, Sun butter & jelly bagged lunch & ½ Deli Sandwiches & small soup of the day available daily to all students.

 Milk choices include 1% white, skim chocolate and skim strawberry

Questions? Please call Kathy Sylvia 339-201-4577

**Gluten Free options available upon request**

 Lunch Menu on Back

**SSEC Lunch Menu APRIL 2021**

**Lunch is free to all students.**

**Student Lunch includes Entrée, vegetable, fruit and milk.**

**Milk choices include 1% white or skim chocolate**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  |  | 1 | 2 |
| ***Main Entree*** | **Alternate Lunch Available Daily****\*Bagel Lunch****\*Sun butter and Jelly** **\*Cereal Lunch** |  |  | Chicken Nuggets French FriesSteamed Carrots | Tony’s PizzaCheese or PepperoniCucumber Wheels |
| ***Salad*** |   |  |  | Garden Salad with Grilled Chicken and Ranch w/Dinner Roll | Garden Salad with Grilled Chicken and Ranch w/Dinner Roll |
| ***Deli Sandwich*** |  |  |  | Egg Salad Sandwich | Egg Salad Sandwich |
|  | 5 | 6 | 7 | 8 | 9 |
| ***Main Entree*** | Chicken Alfredo with Egg noodlesGreen PeasDinner Roll | Meatball SubTater TotsTossed Salad | Cheese QuesadillaCilantro Lime RiceSteamed Corn  | Breakfast For Lunch French Toast SticksTurkey Sausage LinksHash BrownWarm Cinnamon Apples | Cheese or Bacon French Bread PizzaBaby Carrots |
| ***Salad***  | Caesar Salad with Popcorn ChickenDinner Roll | Caesar Salad with Popcorn ChickenDinner Roll | Caesar Salad with Popcorn ChickenDinner Roll | Caesar Salad with Popcorn ChickenDinner Roll | Caesar Salad with Popcorn ChickenDinner Roll |
| ***Deli Sandwich*** | Ham and Cheese on a Bulky Roll | Ham and Cheese on a Bulky Roll | Ham and Cheese on a Bulky Roll | Ham and Cheese on a Bulky Roll | Ham and Cheese on a Bulky Roll |
|  | 12 | 13 | 14 | 15 | 16 |
|  ***Main Entree*** | Spaghetti with Marinara SauceBreadstick3-Bean Salad | Taco Tuesday soft tacos, seasoned ground beef, lettuce, shredded cheese, corn, salsa, and sour cream | Hot DogsBaked BeansCorn on the CobCole Slaw | Orange Chicken Fried Rice Mixed VegetablesFortune Cookie | Tony’s Cheese or Buffalo Chicken PizzaCaesar Salad |
| ***Salad***  | Chef Salad w/Wrap | Chef Salad w/Wrap | Chef Salad w/Wrap | Chef Salad w/Wrap | Chef Salad w/Wrap |
| ***Deli Sandwich*** | Buffalo Chicken Wrap | Buffalo Chicken Wrap | Buffalo Chicken Wrap | Buffalo Chicken Wrap | Buffalo Chicken Wrap |
|  | 19 | 20 | 21 | 22 | 23 |
| ***Main Entree*** | Have Great Spring Break! |  |  |  |  |
| ***Salad*** |  |  |  |  |  |
| ***Deli Sandwich*** |  |  |  |  |  |
|  | 26 | 27 | 28 |  29 | 30 |
| ***Main Entree*** | Macaroni and CheeseBroccoliDinner Roll | Turkey and American Cheese SandwichBaked ChipsBaby Carrots w/Ranch | Mozzarella Cheese SticksChicken MeatballsGarlic RollCelery with Ranch Dressing | Chicken Patty Sandwich Tater TotsGreen Beans | Cheese or Pepperoni French Bread PizzaTomato and Cucumber Salad |
| ***Salad*** | Tossed Salad with Cheddar CheeseDinner Roll | Tossed Salad with Cheddar CheeseDinner Roll | Tossed Salad with Cheddar CheeseDinner Roll | Tossed Salad with Cheddar CheeseDinner Roll | Tossed Salad with Cheddar CheeseDinner Roll |
| ***Deli Sandwich*** | Crispy Fish Sandwich | Crispy Fish Sandwich | Crispy Fish Sandwich | Crispy Fish Sandwich | Crispy Fish Sandwich |

If you have questions or comments please email the Manager of Dining Service at ksylvia@ssec.org

**SSEC Lunch Menu**

**October2020**