

# September

2022

Seligman Schools

**ALL STUDENT MEALS ARE  
FREE THIS SCHOOL YEAR**

**2022 – 2023!**

BREAKFAST is 7:30 – 8:00 a.m. in the  
cafeteria.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"This institution is an equal opportunity provider."				French Toast w/Yogurt Pizza	No School	Cereal available for every breakfast.
All Lunches have a salad bar option.	No School  Labor Day	Breakfast Wrap  Mexicali Taco Boat	Strawberry Mini Bagel Grilled Cheese w/Tots	Biscuits & Gravy  Pizza Sticks	No School	Fruit, Juice and Milk variety daily.
	Brk. Pizza Bagel  Chicken Nuggets w/Mac n Cheese	Blueberry Mini Waffles  Tacos	Biscuits & Gravy  Chili Cheese Potato	Apple Frudel w/Yogurt  Pizza	No School	
	Glazed Donut Bites w/ Yogurt Chicken Alfredo w/ Garlic Bread	Biscuits & Gravy  Beef Burrito w/ Beans	Scrambled eggs w/Hashbrown Hot Ham & Cheese San.	Breakfast San. Ham, Egg, Ch.  Pizza Sticks	No School	
	Biscuits & Gravy  Pulled Pork San. w/Fries	Brk. Pizza w/Hashbrown crust Chicken Fajitas	Pancakes w/Yogurt Hamburgers w/Baked Beans	Chicken&Biscuit Breakfast San.  Pizza	No School	
Adult Meals: Breakfast \$3.00 Lunch \$4.75						Menu subject to change without notice.