

South Shore Educational
Collaborative
Breakfast Menu for August/September



Monday	Tuesday	Wednesday	Thursday	Friday
Maple Madness Pancakes	Sausage Egg and Cheese bagel	Maple Filled Waffles	Warm Mini Cinnamon Bar	Home Made Apple Muffin/Square

Available Daily:

- Assorted Cereal
- Assorted Cereal Bars
- Assorted Pop-tarts
- Whole Grain Breakfast Bars
- Warm Bagel
- Whole Grain Muffins
- Yogurt and Graham Snacks

A full Student Breakfast includes at least two items from the four offered and one must be a full serving of fruit. Breakfast is FREE to all students **if all components are taken.** Staff Price is \$2.60 plus tax Questions? Please email or call Kathy Sylvia 339-201-4577 ksylvia@ssec.org

**Milk Choices-1%white, and skim white
Fresh Fruit and Fruit Cup Offered Daily**

***Please inform the kitchen staff of any food allergies before ordering your breakfast & lunch.**

Lunch Menu on Back

Lunch Menu for August/September 2021

A full student lunch includes at least three items from the five offered and must include 8 oz of fruit and or vegetable. Lunch is \$ for students if all components are taken. Staff-\$4.00

Alternative Lunch Available Daily-Bagel bagged lunch, Sun butter & jelly lunch or Cereal Lunch

Fresh Fruit, Fruit Cup Offered Daily

Milk choices include 1% white, skim chocolate and skim strawberry
Questions? Please email or call Kathy Sylvia 339-201-4577

	Monday	Tuesday	Wednesday	Thursday	Friday
		31	01	02	03
Extras <i>Chick Peas, Grape Tomatoes, Baby Carrots</i>			Chicken Patty French Fries Green Beans	Cheese or Pepperoni French Bread Pizza Cucumber Tomato Salad	
Salad			Caesar Salad w/popcorn chicken Dinner Roll	Caesar Salad w/popcorn chicken Dinner Roll	
Deli Sandwich			Ham and Cheese Sub	Ham and Cheese Sub	
	06	07	08	09	10
Extras <i>Hummus, Celery and Carrot Sticks, Red and Green peppers</i>	 LABOR DAY	Cheeseburger on Roll Lettuce Tomato Pickles Curly Fries	Grilled Cheese Sandwich Baked Chips 3-Bean Salad	Orange Chicken Fried Rice Peas Fortune Cookie	Cheese or Buffalo Chicken Triangle Pizza Cucumber Wheels
Salad		Greek Salad with Grilled Chicken w/wrap	Greek Salad with Grilled Chicken w/wrap	Greek Salad with Grilled Chicken w/wrap	Greek Salad with Grilled Chicken w/wrap
Deli Sandwich		Turkey and American Cheese Wrap	Turkey and American Cheese Wrap	Turkey and American Cheese Wrap	Turkey and American Cheese Wrap
	13	14	15	16	17
Extras <i>Black Bean and Corn Salad Kale Chips, Grape Tomatoes, Baby Carrots</i>	Chicken Tenders Potato Wedges Steamed Carrots Soft Pretzel	Beef Nachos Cheese Sauce Sour Cream Salsa Scallions	Hot Dogs Baked Beans Corn Cobbett	Macaroni and Cheese Broccoli Dinner Roll	Tony's Cheese or Bacon Pizza Tossed Salad
Salad	Tossed Garden Salad w/Chick Peas and Cheddar w/Wrap	Tossed Garden Salad w/Chick Peas and Cheddar w/Wrap	Tossed Garden Salad w/Chick Peas and Cheddar w/Wrap	Tossed Garden Salad w/Chick Peas and Cheddar w/Wrap	Tossed Garden Salad w/Chick Peas and Cheddar w/Wrap
Deli Sandwich	Tuna Salad on Bulky Roll	Tuna Salad on Bulky Roll	Tuna Salad on Bulky Roll	Tuna Salad on Bulky Roll	Tuna Salad on Bulky Roll
	20	21	22	23	24
Extras <i>Citrus Chick Pea Salad, Broccoli Trees, Red and Green Pepper</i>	Spaghetti and Meatballs Cheesy Garlic Bread Green Beans	Rib-A-Que on a Roll Tater Tots Cole Slaw	Popcorn Chicken Whipped Potatoes Corn Gravy Dinner Roll	Breakfast for Lunch Scrambled Eggs, Pancakes, Hash-brown, Bacon Cinnamon Apples	Cheese or Pepperoni French Bread Pizza Baby Carrots
Salad	Caesar Salad w/grilled chicken Dinner Roll	Caesar Salad w/grilled chicken Dinner Roll	Caesar Salad w/grilled chicken Dinner Roll	Caesar Salad w/grilled chicken Dinner Roll	Caesar Salad w/grilled chicken Dinner Roll
Deli Sandwich	Turkey BLT on Wheat	Turkey BLT on Wheat	Turkey BLT on Wheat	Turkey BLT on Wheat	Turkey BLT on Wheat
	27	28	29	30	31
Extras <i>Hummus, Cucumber Wheels, Baby Carrots Celery Sticks</i>	American Chop Suey Garlic Roll Steamed Spinach	Taco Tuesday Beef Tacos Corn and Black Bean Salad Salsa, Sour Cream and Cheese	Warm Ham and Cheese Sandwich Chips Pepper Strips with Hummus	Crispy Chicken Nuggets French Fries Mixed Vegetables Dinner Roll	Tony's Cheese or Ham and Pineapple Pizza Cucumber Wheels
Salad	Chef Salad w/wrap	Chef Salad w/wrap	Chef Salad w/wrap	Chef Salad w/wrap	Chef Salad w/wrap
Deli Sandwich	Chicken Salad on Bulky	Chicken Salad on Bulky	Chicken Salad on Bulky	Chicken Salad on Bulky	Chicken Salad on Bulky