

Seaside School District 10

2020

Summer "Grab-n-Go" Menu



Starting June 15, 2020. Please check Seaside SD website for updated delivery routes.

Breakfast and Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast-Cereal	Apple Frudel	Breakfast-Cereal	Cinnamon Bun	Breakfast-Cereal
Chicken Nuggets	Ham and Cheese on WG Bread	Hamburger on WG Bun	Hot Dog	Turkey and Cheese on WG Bread
Fresh Fruit (2)	Fresh Fruit (1)/Juice (1)	Fresh Fruit (2)	Fresh Fruit (1)/Juice (1)	Fresh Fruit (2)
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Healthy Snack	Healthy Snack	Healthy Snack	Healthy Snack	Healthy Snack
White and Chocolate Milk	White and Chocolate Milk	White and Chocolate Milk	White and Chocolate Milk	White and Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast-Cereal	Stuffed Bagel	Breakfast-Cereal	Blueberry Muffin	Breakfast-Cereal
Crispy Chicken Sandwich	Ham and Cheese on WG Bread	Corn Dog	Sunbutter and Jelly Sandwich	"Fun Lunch"
Fresh Fruit (2)	Fresh Fruit (1)/Juice (1)	Fresh Fruit (2)	Fresh Fruit (1)/Juice (1)	Fresh Fruit (2)
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Healthy Snack	Healthy Snack	Healthy Snack	Healthy Snack	Healthy Snack
White and Chocolate Milk	White and Chocolate Milk	White and Chocolate Milk	White and Chocolate Milk	White and Chocolate Milk

This institution is an equal opportunity provider.

Free to all children 18 and under!

