

THE SEAHAWK STOP BREAKFAST MENU

JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
STAFF DEVELOPMENT	Potato & Egg Taco	Pancakes & Bacon	French Toast Sticks	Biscuit & Sausage
10	11	12	13	14
Pig in a Blanket	Uncrustables PBJ	Pancakes & Bacon	Whole Grain Muffin & Scrambled Eggs	Bacon & Egg Taco
17	18	19	20	21
French Toast Sticks & Sausage link	Biscuit & Sausage	Potato & Egg Taco	Conchas & Scrambled Eggs	Uncrustables PBJ
24	25	26	27	28
Pig in a Blanket	Breakfast Pizza	Pancakes & Sausage	Uncrustables PBJ	Potato & Egg Taco
31	1	2	3	4
French Toast Sticks & Sausage link	Biscuit & Sausage	NO SCHOOL - GOOD LUCK TO ALL KJLS PARTICIPANTS!		

In addition to the listed entrée, students also can choose from a variety of cereals, 100% juice, 1% milk, or non-fat chocolate milk.



DID YOU KNOW?

EATING A HEALTHY BREAKFAST SETS HEALTHY HABITS LATER IN LIFE RESULTING IN A HEALTHIER WEIGHT

KIDS WHO EAT A HEALTHY BREAKFAST ARE MORE FOCUSED, ALERT & PERFORM BETTER IN THE CLASSROOM.

ALL BREAKFAST SERVED AT SEAHAWK STOP IS REQUIRED TO MEET HEALTHY NUTRITION STANDARDS, SUCH AS REDUCED SUGAR CEREAL, ALL GRAINS MUST BE WHOLE GRAIN, AND ONLY 100% JUICE CAN BE SERVED



Menu subject to change. This institution is an equal opportunity provider.

THE SEAHAWK STOP LUNCH MENU

JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
STAFF DEVELOPMENT	Enchiladas Spanish Rice Pinto Beans Side Salad Pineapple Tidbits	Corn Dog Veggie Dippers Tater Tots Diced Peaches	Pizza Slice Caesar Salad Cucumber-Tomato Salad Fresh Fruit	BBQ on a Bun Pickle Spears Buttered Corn Fresh Apple
10	11	12	13	14
Chicken Nuggets Mashed Potatoes Green Beans Fresh Apple Cookie	Arroz con Pollo Side Salad Pinto Beans Mandarin Oranges	Spaghetti & Breadstick Steamed Broccoli Cucumber-Tomato Salad Diced Peaches	Italian Hoagie Tomato Soup Side Salad Fruit Cup	Crispy Chicken Burger Burger Fixings Tater Tots Fresh Fruit
17	18	19	20	21
Chicken Fried Steak Mashed Potatoes Green Beans Fresh Apple Cookie	Bean & Cheese Chalupas Spanish Rice Side Salad Fresh Fruit	Chicken Alfredo Steamed Broccoli Cucumber-Tomato Salad Diced Peaches Garlic Breadstick	Hot Ham & Cheese Sandwich Tomato Soup Baby Carrots Fruit Cup	Angus Burger Burger Fixings Tater Tots Fresh Fruit
24	25	26	27	28
Roasted Chicken Mashed Potatoes Green Beans Fresh Apple Garlic Breadstick	Beef Tacos Side Salad Pinto Beans Spanish Rice Mandarin Sections	Grilled Cheese Tomato Soup Side Salad Fresh Fruit	Nacho Grande Side Salad Refried Beans Fruit Cup	Pizza Slice Caesar Salad Spring Salad Fresh Fruit
31	1	2	3	4
Salisbury Steak Mashed Potatoes Green Beans Fresh Apple Honey Wheat Roll	Chicken Fajita Taco Pinto Beans Chips & Salsa Mandarin Sections	NO SCHOOL GOOD LUCK TO ALL KKJLS PARTICIPANTS!		



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