



Seminole Trails Elementary



Ese Pre-K Lunch · October 2026

Monday**Tuesday****Wednesday****Thursday****Friday**

- 5**
- Grilled Chicken Nuggets** 102 cal
 - offered with
 - Dinner Roll 80 cal
 - Sweet Potato Fries 65 cal
 - Fresh Fruit 72 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

- 6**
- Chicken Nuggets** 135 cal
 - Seasoned Black Beans 71 cal
 - Assorted Fruit Cups 65 cal
 - or
 - Assorted Apple Sauce 53 cal
 - Chocolate Chip Mini Loaf Combo 280 cal

- 7**
- Macaroni and Cheese** 350 cal
 - Broccoli 19 cal
 - Fresh Fruit 72 cal
 - Turkey & Cheese Croissant Sandwich 187 cal

- 8**
- Hamburger** 319 cal
 - or
 - Cheeseburger 355 cal
 - Potato Sticks 50 cal
 - Assorted Fruit Cups 65 cal
 - Assorted Apple Sauce 53 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

- 2**
- Chicken Tenders** 219 cal
 - Corn 42 cal
 - Fresh Fruit 72 cal
 - Blueberry Muffin Combo 276 cal

- 9**
- Mini Twin Cheeseburgers** 316 cal
 - Potato Smiles 65 cal
 - Fresh Fruit 72 cal
 - Chocolate Chip Mini Loaf Combo 280 cal

No menu published

- 13**
- Pollo Asado** 105 cal
 - offered with
 - Black Beans & Rice 136 cal
 - Yuca Fries 109 cal
 - Assorted Fruit Cups 65 cal
 - or
 - Assorted Apple Sauce 53 cal
 - Banana Mini Loaf Combo 330 cal

- 14**
- Penne Pasta with Meatballs** 244 cal
 - Green Beans 21 cal
 - Fresh Fruit 72 cal
 - Turkey & Cheese Croissant Sandwich 187 cal

- 15**
- Mini Cheese Pizza Bagel** 259 cal
 - Peas & Carrots 37 cal
 - Assorted Fruit Cups 73 cal
 - or
 - Assorted Apple Sauce 53 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

- 16**
- Chicken Nuggets** 135 cal
 - Potato Sticks 50 cal
 - Fresh Fruit 72 cal
 - Banana Mini Loaf Combo 330 cal

- 19**
- Macaroni and Cheese** 350 cal
 - BBQ Baked Beans 102 cal
 - Fresh Fruit 72 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

- 20**
- Dill Chicken Bites** 142 cal
 - Sliced Sweet Plantains 140 cal
 - Assorted Fruit Cups 65 cal
 - or
 - Assorted Apple Sauce 53 cal
 - Chocolate Chip Mini Loaf Combo 280 cal

- 21**
- Cheese Pizza** 310 cal
 - Peas & Carrots 37 cal
 - Fresh Fruit 72 cal
 - Turkey & Cheese Croissant Sandwich 187 cal

- 22**
- Popcorn Chicken** 240 cal
 - Mashed Potatoes 60 cal
 - Assorted Fruit Cups 65 cal
 - or
 - Assorted Apple Sauce 53 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

- 23**
- Chicken and Cheese Slider** 252 cal
 - Broccoli 19 cal
 - Fresh Fruit 72 cal
 - Chocolate Chip Mini Loaf Combo 280 cal

- 26**
- Asian Chicken Bites** 166 cal
 - Green Peas 45 cal
 - Fresh Fruit 72 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

- 27**
- Popcorn Chicken** 240 cal
 - Seasoned Red Beans 83 cal
 - Assorted Fruit Cups 65 cal
 - or
 - Assorted Apple Sauce 53 cal
 - Blueberry Muffin Combo 276 cal

- 28**
- Penne Pasta w/Meat Sauce & Cheese Stick** 311 cal
 - Broccoli 19 cal
 - Fresh Fruit 72 cal
 - Turkey & Cheese Croissant Sandwich 187 cal

- 29**
- Chicken Tenders** 219 cal
 - Green Beans 21 cal
 - Assorted Fruit Cups 65 cal
 - or
 - Assorted Apple Sauce 53 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

- 30**
- Mini Twin Cheeseburgers** 316 cal
 - Potato Smiles 65 cal
 - Fresh Fruit 72 cal
 - Blueberry Muffin Combo 276 cal

Served every day

- Assorted Unflavored Milk