



Seminole Trails Elementary

Supper · October 2026

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

- Chips and Dip (WG)** 376 cal
- offered with
 - Salsa 25 cal
 - Ham & Cheese Croissant (WG) 326 cal
 - Fresh Baby Carrots 20 cal
 - Ranch Dressing 60 cal
 - Dried Fruit 114 cal

- Mini Pizza Triangles (WG)** 270 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or
 - PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 48 cal
 - Assorted Apple Sauce 53 cal

- Chicken Egg Rolls (WG)** 300 cal
- Mini Loaf Combo (WG) 365 cal
 - Fresh Cucumber Slices 14 cal
 - offered with
 - Ranch Dressing 60 cal
 - Assorted Fruit Cups 73 cal

- Pizza Quesadilla (WG)** 300 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or
 - PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 60 cal
 - Apple Slices 29 cal

- Tostada Bowl Beef & Cheese (WG)** 278 cal
- Turkey & Cheese Lunch Kit (WG) 380 cal
 - Fresh Baby Carrots 20 cal
 - offered with
 - Ranch Dressing 60 cal
 - 100% Fruit Juice 48 cal

No menu published

- Cheeseburger (WG)** 355 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or
 - PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 48 cal
 - Assorted Apple Sauce 53 cal

- Chips and Dip (WG)** 376 cal
- offered with
 - Salsa 25 cal
 - Mini Loaf Combo (WG) 365 cal
 - Fresh Cucumber Slices 14 cal
 - Ranch Dressing 60 cal
 - Assorted Fruit Cups 73 cal

- Mini Corndogs (WG)** 275 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or
 - PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 60 cal
 - Apple Slices 29 cal

- Cheese Stuffed Bosco Breadsticks (WG)** 300 cal
- offered with
 - Marinara Dipping Cup 40 cal
 - Turkey & Cheese Lunch Kit (WG) 380 cal
 - Fresh Baby Carrots 20 cal
 - Ranch Dressing 60 cal
 - 100% Fruit Juice 48 cal

- Mini Cheese Pizza Bagels (WG)** 259 cal
- Turkey & Cheese Croissant (WG) 301 cal
 - Fresh Baby Carrots 20 cal
 - offered with
 - Ranch Dressing 60 cal
 - Dried Fruit 114 cal

- Hot Dog (WG)** 309 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or
 - PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 48 cal
 - Assorted Apple Sauce 53 cal

- Chicken & Cheese Taco CrispUps (WG)** 354 cal
- Mini Loaf Combo (WG) 365 cal
 - Celery Sticks 10 cal
 - served with
 - Peanut Butter Cup 180 cal
 - Assorted Fruit Cups 73 cal

- Galaxy Pizza (WG)** 280 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or
 - PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 60 cal
 - Apple Slices 29 cal

- Mini Taco Wedges (WG)** 260 cal
- Turkey Ham & Cheese Lunch Kit (WG) 380 cal
 - Fresh Grape Tomatoes 10 cal
 - served with
 - Ranch Dressing 60 cal
 - 100% Fruit Juice 48 cal

- Chips and Dip (WG)** 376 cal
- offered with
 - Salsa 25 cal
 - Ham & Cheese Croissant (WG) 326 cal
 - Fresh Baby Carrots 20 cal
 - Ranch Dressing 60 cal
 - Dried Fruit 114 cal

- Mini Pizza Triangles (WG)** 270 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or
 - PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 48 cal
 - Assorted Apple Sauce 53 cal

- Chicken Egg Rolls (WG)** 300 cal
- Mini Loaf Combo (WG) 365 cal
 - Fresh Cucumber Slices 14 cal
 - offered with
 - Ranch Dressing 60 cal
 - Assorted Fruit Cups 73 cal

- Pizza Quesadilla (WG)** 300 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or
 - PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 60 cal
 - Apple Slices 29 cal

- Tostada Bowl Beef & Cheese (WG)** 278 cal
- Turkey & Cheese Lunch Kit (WG) 380 cal
 - Fresh Baby Carrots 20 cal
 - offered with
 - Ranch Dressing 60 cal
 - 100% Fruit Juice 48 cal

Served every day

Assorted Milk