

# LAST DAY FREE MEALS DECEMBER 23, 2022

What You Need To Know  
BEGINNING January 4, 2023

## Meal Prices are:

|                      |        |
|----------------------|--------|
| Paid Lunch Price     | \$3.15 |
| Reduce Lunch         | \$0.40 |
| Breakfast Paid Price | \$2.00 |
| Reduced Price        | Free   |
| Milk                 | \$0.60 |

## Free or Reduced Price Meal Applications

*Don't forget to complete the meal application to qualify for free or reduced price meals. Contact the main office at school if you did not receive an application. Applications may also be found on the district website.*

## How to Pay for School Meals

### Payment Options:

1. Prepay with Credit or Debit Card at: **register at: Family.titank12.com** and click on sign up today.

In order to pay online you will need your child's student ID number. This can be located when you log onto Power School. There will be a series of numbers following your child's name and grade. That is the student ID number.

2. Prepay - Deposit money into your child's meal account to purchase lunch & breakfast.
3. Daily Payments - Students may pay for meals daily as they go through the serving line. This method is discouraged

### Forms of Payment:

1. Checks made payable to the Seymour School Lunch Program. Be sure to include your child's name on the check. This method of payment is strongly recommended.
2. Cash is accepted daily

### Reminder:

Students must have money in their account or pay with cash to purchase meals

Please contact the school cafeteria for information



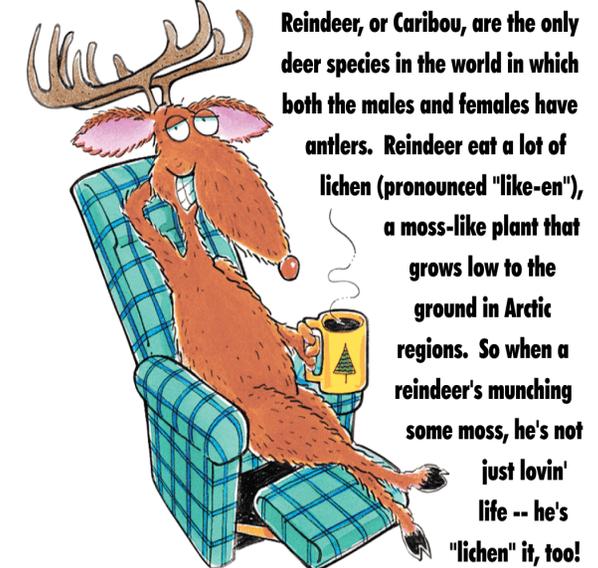
This institution is an equal opportunity provider.



**Your Complete Lunch will Include:**

1. Start with at least **One** Fruit or Vegetable
  - Assorted Fresh & Canned Fruit
  - Fresh Rainbow Vegetable Tray
  - Baby Carrots
  - Hot Vegetable of the Day
2. Choose **One** Daily Menu Entrée Items:  
In addition offered daily:
  - Chef Salad
  - Boar's Head Deli Sandwich
  - Bagel & Yogurt Plate
3. Choose **One** 8 oz. Milk
  - Low-Fat White or Flavored Milk

# LICHEN LIFE



# ANIMAL APPETITES

## Featured Specials of the Day

### Monday, December, 5

Chicken Nuggets w/roll  
Boar's Head Turkey & Cheese Sandwich  
Sweet Potato Fries  
Fresh Steamed Green Beans

### Tuesday, December, 6

Tacos with Lettuce, tomato, cheese  
Boars head Ham & Cheese on bun  
Corn

### Wednesday, December, 7

Popcorn Chicken w/roll  
Boars Head Turkey & Cheese on bun  
Oven Fries

### Thursday, December, 8

Pizza Crunchers  
Boars Head Ham & Cheese on bun  
Fresh Steamed Broccoli

### Friday, December, 9

Cheese Pizza  
Boars Head Turkey & Cheese on bun  
Mixed Green Salad w/tomatoes,  
cucumbers, spinach & chick peas

## OUT COLD.

Not only do we eat more in the winter, we also tend to exercise less. Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**



## Thursday, Dec. 15

### Featured Specials of the Day

#### Monday, December, 12

Toasted Grilled Cheese Sandwich  
Boars Head Turkey & Cheese on bun  
Sweet Potato Fries

#### Tuesday, December, 13

Cheeseburger on bun  
Oven Fries

#### Wednesday, December, 14

Mozzarella Sticks w/marinara sauce  
Boars Head Turkey & Cheese on bun  
Fresh Steamed Broccoli

#### Thursday, December, 15

Roast Turkey w/ gravy  
Boar's Head Ham & Cheese Sandwich  
Mash Potatoes  
Cranberry Sauce  
Fresh Steamed Green Beans

#### Friday, December, 16

Cheese Pizza  
Boars Head Turkey & Cheese on bun  
Mixed Green Salad w/tomatoes,  
cucumbers, spinach & chick peas

## Featured Specials of the Day

### Monday, December, 19

Funnel Cake Waffle w/syrup  
Turkey Sausage Patty  
Boars Head Turkey & Cheese on bun  
Hash Brown Potato

### Tuesday, December, 20

Chicken Patty on bun  
Boar's Head Ham & Cheese Sandwich  
Sweet Potato Fries

### Wednesday, December, 21

Mozzarella Sticks w/marinara sauce  
Boar's Head Turkey & Cheese Sandwich  
Fresh Steamed Green Beans

### Thursday December, 22

Cheeseburger on bun  
Oven Fries  
Corn

### Friday, December, 23

Personal Cheese Pizza  
Boars Head Turkey & Cheese on bun  
Mixed Green Salad w/tomatoes,  
cucumbers, spinach & chick peas

**REMINDER**  
**LAST DAY FREE MEALS**  
**DECEMBER 23**

