

Menus for May 2023

Seymour Middle School

This institution is an equal opportunity provider.
Menus are subject to change.



Available Daily

Breakfast is Offered Daily

Variety of Breakfast Entrees
Fruit Juice & Milk Included

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 Bar
 - Variety of Pizza
3. Choose One 8 oz. Milk
 - Low-Fat White or Flavored Milk

Featured Specials of the

Monday, May 1

Roast Turkey w/gravy
Mashed Potatoes
Green Beans
Dinner Roll

Tuesday, May 2

Tacos w/lettuce, tomato, cheese, salsa
Seasoned Brown Rice
Corn

Wednesday, May 3

Meatball Grinder
Sweet Potato Fries

Thursday, May 4

Cheeseburger on bun
Lettuce, Tomato, Pickle
Oven Fries

Friday, May 5

Mozzarella Sticks w/marinara sauce
Fresh Steamed Broccoli

Message to Parents

Reminder To Parents:

Although meals are free for the remainder of the year, However, Negative Balances must be paid. Now is the time to make payments. See payment options below.

Milk purchase is \$0.60. Milk. This is not free under the guidelines.

Payment Options:

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

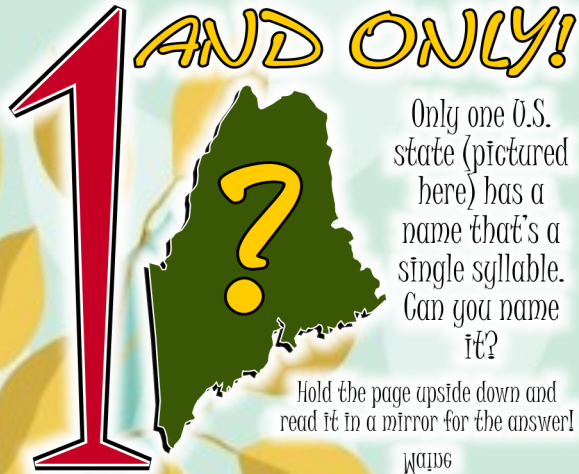
In order to pay online you will need your child's student ID number. This can be located when you log onto Power School. There will be a series of numbers following your child's name and grade. That is the student ID number.

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:

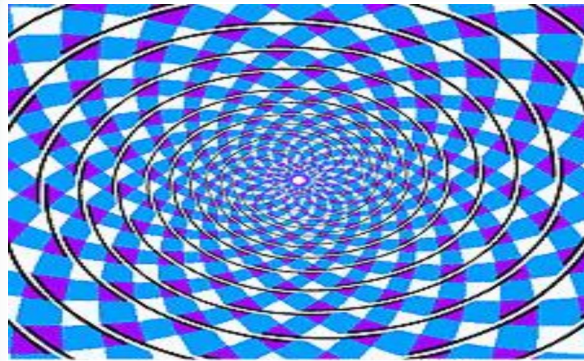
1. Checks made payable to the Seymour School Lunch Program. Be sure to include your child's name on the check. This method of payment is strongly recommended.
2. Cash is accepted daily

Please contact the school cafeteria for information regarding your child's meal account



Hold the page upside down and read it in a mirror for the answer!

WATG



**The
Fraser
Spiral
Illusion**

You're looking at one of the strongest optical illusions known to science. It's not a spiral at all – it's a series of circles. The background makes it appear to be a spiral. Try tracing one of the circles if you're not convinced.

Featured Specials of the Day

Monday, May 8

Chicken Filet on bun
Sweet Potato Fries

Tuesday, May 9

Hot Dog on bun
Oven Fries
Baked Beans

Wednesday, May 10

Pasta w/meat sauce
Fresh Steamed Green Beans

Thursday, May 11

Chicken Nuggets w/dinner roll
Sweet Potato Fries

Friday, May 12

Mini Cheese Ravioli w/marina sauce
Fresh Steamed Broccoli

Featured Specials of the Day

Monday, May 15

Cheeseburger on bun
Lettuce, tomato, Pickles
Potato Puffs

Tuesday, May 16

Chicken Tenders w/roll
Sidewinder Fries

Wednesday, May 17

Mozzarella Sticks w/marinara sauce
Fresh Steamed Broccoli

Thursday, May 18

Tacos w/lettuce, tomato, cheese, salsa
Seasoned Brown Rice & Corn

Friday, May 19

Chicken Filet on bun
Sweet Potato Fries
Seasoned Green Beans

Featured Specials of the Day

Monday, May 22

Waffles w/syrup
Turkey Sausage Patty
Sausage, Egg & Cheese Croissant
Hash Brown Potato

Tuesday, May 23

Chicken Tenders w/dinner roll
Sweet Potato Fries

Wednesday, May 24

Mozzarella Sticks w/marinara sauce
Fresh Steamed Green Beans

Thursday, May 25

Hot Dog on bun
Oven Fries
Baked Beans

Friday, May 26

Popcorn Chicken w/dipping sauce
Mashed Potatoes
Corn
Dinner Roll

Monday, May 29

MEMORIAL DAY NO SCHOOL TODAY

Tuesday, May 30

Chicken Filet on bun
Seasoned Brown Rice
Steamed Carrots

Wednesday, May 31

Mozzarella Sticks w/marinara sauce
Fresh Steamed Broccoli