



Seymour High School

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

available daily

Breakfast is Offered Daily
Assorted Cereal
Breakfast Sandwich
Assorted Muffins or Cinnamon Buns
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

Free Meals Update

Due to additional state funding the following meals will be at not cost to students:

- ⇒ **Breakfast for All students at No Cost!**
- ⇒ **Students eligible for reduced-price meals also receive lunch at No Cost !**

Please complete meal application to see if you qualify for reduced-price lunch at no cost!

Message to Parents

Meal Prices are:

Paid Lunch Price	\$3.65
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.

Payment Options:

1. Prepay with Credit or Debit Card at: **register at: Family.titank12.com** and click on sign up today. You will notice it has a new name called Linq Connect. Still the same program!

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

Featured Specials of the Day

Wednesday, August 30
Mozzarella Sticks w/marinara sauce
Fresh Steamed Broccoli

Thursday, August 31
Cheeseburger on bun
Lettuce, Tomato, Pickle
Oven Fries

Friday, September 1
Chicken Filet on bun
Sweet Potato Fries
Lettuce, Tomato, Pickle

Featured Specials of the Day

Monday, September 4

Labor Day

Tuesday, September 5

Hot Dog on bun

Oven Fries

Baked Beans

Wednesday, September 6

Meatball Grinder w/melted mozzarella cheese

Fresh Steamed Green Beans

Thursday, September 7

Chicken Nuggets w/dinner roll

Sweet Potato Fries

Friday, September 8

Mozzarella Sticks w/marina sauce

Fresh Steamed Broccoli

Featured Specials of the Day

Monday, September 11

Cheeseburger on bun

Lettuce, tomato, Pickles

Potato Puffs

Tuesday, September 12

Chicken Tenders w/roll

Sweet Potato Fries

Wednesday, September 13

Cheese Pizza Crunchers w/marinara sauce

Fresh Steamed Broccoli

Thursday, September 14

Tacos w/lettuce, tomato, cheese, salsa

Seasoned Brown Rice & Corn

Friday, September 15

Chicken Filet on bun

Sweet Potato Fries

Lettuce, Tomato, Pickle

Featured Specials of the Day

Monday, September 18

Mandarin Orange Chicken

Seasoned Brown Rice

Fresh Steamed Broccoli

Tuesday, September 19

Chicken Tenders w/dinner roll

Sweet Potato Fries

Wednesday, September 20

Mozzarella Sticks w/marinara sauce

Fresh Steamed Green Beans

Thursday, September 21

BBQ Rib on Bun

Oven Fries

Baked Beans

Friday, September 22

Cheeseburger on bun

Potato Puffs

Lettuce, Tomato, Pickle

Monday, September 25

Funnel Cake

Turkey Sausage Patty

Sausage, Egg & Cheese Croissant

Hash Brown Potato

Tuesday, September 26

Tacos w/lettuce, tomato, cheese, salsa

Seasoned Brown Rice & Corn

Wednesday, September 27

Cheese Pizza Crunchers w/marinara sauce

Fresh Steamed Broccoli

Thursday, September 28

Hot Dog on bun

Oven Fries

Baked Beans

Friday, September 29

Chicken Nuggets w/dinner roll

Sweet Potato Fries

Fresh Steamed Green Beans

NUTRITION *TOGO*

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

A QUICK BITE FOR PARENTS