



## Seymour Middle 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	\$3.40
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**