



## Seymour Elementary Schools

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

*available daily*

**Breakfast is Offered Daily**  
Variety of Cereal  
Muffins & 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!

*Featured Specials of the Day*

**Wednesday, August 30**  
Meatball Grinder w/melted mozzarella cheese  
Boars Head Turkey & Cheese on bun  
Fresh Steamed Broccoli

**Thursday, August 31**  
Waffles w/syrup  
Boars Head Ham & Cheese on bun  
Turkey Sausage Patty  
Potato Smiles

**Friday, September 1**  
Cheese Pizza  
Boars Head Turkey & Cheese on bun  
Mixed Green Salad w/tomatoes, cucumbers, spinach & chick peas

## Message to Parents

### 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.*

### 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



### *Featured Specials of the Day*

#### **Monday, September 4**

Labor Day

#### **Tuesday, September 5**

Chicken Nuggets w/dinner roll  
Boars Head Ham & Cheese Sandwich  
Mashed Potatoes  
Green Beans

#### **Wednesday, September 6**

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

#### **Thursday, September 7**

Hot Dog on bun  
Boar's head Ham & Cheese Sandwich  
Baked Beans  
Potato Smiles

#### **Friday, September 8**

Personal Cheese Pizza  
Boar's Head Turkey & Cheese Sandwich  
Mixed Green Salad w/tomatoes,  
cucumbers, spinach & chick peas

### *Featured Specials of the Day*

#### **Monday, September 11**

Mini Waffles w/syrup  
Turkey Sausage Patty  
Boars Head Turkey & Cheese Sandwich  
Hash Brown Potato

#### **Tuesday, September 12**

Tacos w/lettuce, tomato, cheese, salsa  
Boars Head Ham & Cheese  
Corn

#### **Wednesday, September 13**

Meatball Grinder w/melted mozzarella  
cheese  
Boar's Head Turkey & Cheese Sandwich  
Fresh Steamed Broccoli

#### **Thursday, September 14**

Popcorn Chicken w/dinner roll  
Boars Head Ham & Cheese on bun  
Sweet Potato Fries

#### **Friday, September 15**

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

### *Featured Specials of the Day*

#### **Monday, September 18**

Chicken Nuggets w/dinner roll  
Boars Head Turkey & Cheese Sandwich  
Sweet Potato Fries

#### **Tuesday, September 19**

Cheeseburger on bun  
Boars Head Ham & Cheese  
Oven Fries

#### **Wednesday, September 20**

Mandarin Orange Chicken  
Boars Head Turkey & Cheese on bun  
Seasoned Brown Rice & Broccoli

#### **Thursday, September 21**

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

#### **Friday, September 22**

Personal Cheese Pizza  
Boar's Head Turkey & Cheese Sandwich  
Mixed Green Salad w/tomatoes,  
cucumbers, spinach & chick peas

#### **Monday, September 25**

Chicken Filet on bun  
Boars Head Ham & Cheese  
Sweet Potato Fries

#### **Tuesday, September 26**

Tacos w/lettuce, tomato, cheese, salsa  
Boars Head Ham & Cheese  
Corn

#### **Wednesday, September 27**

Cheese Pizza Crunchers w/marinara sauce  
Boar's Head Turkey & Cheese Sandwich  
Fresh Steamed Broccoli

#### **Thursday, September 28**

Chicken Nuggets w/dinner roll  
Boars Head Ham & Cheese on bun  
Mashed Potatoes & Green Beans