



**Cindy Brooks**

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## Seymour Nutrition Services Guide to School Meals What you need to know

In the Seymour Public Schools, our priority is to plan, prepare and serve the tastiest, most nutritious, and affordable meals to support student well-being.

Our meals meet strict regulations set forth by the USDA and in conjunction with the requirements of the National School Lunch and Breakfast Programs

Meal choices include a variety of entrees, whole grains, fruits, vegetables and low or no-fat milk (in age-appropriate portion sizes).

We are proud of our food service operation. Thank you for your support.

### School Lunch Information

For the 2024-2025 school year we are excited to announce that ***Breakfast & Lunch is Free for those students who qualify for Reduced Price Meals. You must fill out a free and reduced application if you would like to apply for full benefits.***

Applications will be sent home on the first day of school and can be found on the Seymour schools' website.

#### 2024-2025 Meal Prices

Breakfast Full Price	\$2.25
Elementary Full Price Lunch \$	\$3.15
Middle School Full Price Lunch	\$3.40
High School Full Price Lunch	\$3.65



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### Paying for Meals

1. **LINQ** computerized point-of-sale system.
2. **Checks:** made payable to the Seymour School Lunch Program. Be sure to have your students' name on check.
3. **Cash:** not recommended; change is not given, rather the entire amount of cash is deposited on your student's meal account. Be sure to have your child's name on the envelope, especially with the elementary students.

### Setting Up Your LINQ Account:

1. On your computer go to [LINQConnect.com](http://LINQConnect.com) to
2. Go to the APP Store on your phone and download the Linq Connect app. It will be a blue LC icon.

### Meal Charging Policy

If a student does not have money in their account or cash in hand a student is allowed to charge a single complete lunch to their account. They are not allowed to charge a la carte or a single item. Please see the website for full policy.

### What is a School Meal?

A complete meal includes selections from a variety of food groups giving students lots of tasty options.

**Breakfast** includes a variety of whole grain cereal, muffins, bagels, cinnamon buns, fruit and milk.

**Lunch** includes choice of entrée, variety of fresh fruit and vegetables along with milk.

**A complete meal must consist of 3 components 1 being a fruit or vegetable**

### Snacks (a la carte)

In addition to school meals, we offer a small selection of a la carte items for individual purchases (these are NOT a part of the school meal selections and only available at the middle and high school.

Should you have any questions or need additional information, please contact **Cindy Brooks, Food Service Director**, at any time.

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