

# Menus for August/Sept.

# Seymour Middle School

This institution is an equal opportunity

# **Available Daily**

Breakfast & Lunch is Free for those students who qualify for Reduced Price Meals.

## **Breakfast Menu**

Assorted Cereal Breakfast Sandwich Assorted Muffins or Cinnamon Buns Fruit Juice & Milk Included

#### Your Complete Lunch will Include:

1. Start with at least <u>One</u> Fruit or Vegetable

- Assorted Fresh & Canned Fruit
- Fresh Rainbow Vegetable Tray
- Baby Carrots
- Hot Vegetable of the Day
- 2. Choose <u>One</u> Daily Menu Entrée Items: In addition offered daily:
  - Chef Salad
  - Boar's Head Deli Bar
  - Variety of Pizza
- 3. Choose One 8 oz. Milk



#### **School Meals 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 also be found on the Seymour schools website .

#### 2024-2025 Meal Prices

Breakfast	\$2.25
Middle School Full Price Lunch	\$3.40

#### **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 the check.
- **3.** *Cash:* not recommended; change is not given, rather the entire amount of cash is deposited on your student's meal account.-

#### Setting Up Your LINQ Account:

- 1. On your computer go to LINQConnect.com to
- 2. Go to the APP Store on your phone and download the Linq Connect app. It will be a blue LC and follow the prompts

# Don't forget to complete the meal application to see if you qualify for full benefits

