

Seymour High 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 One 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 High School Full Price Lunch \$3.65

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:

- 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





