

Seymour High & Middle Schools

November 2024

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

Positions Available

Looking to earn extra money while
the kiddos are in school?
Positions are available.
Contact Cindy Brooks
cbrooks@seymourschools.org

Featured Specials of the Day

Friday, November 1

Chicken Filet on bun
Sweet potato Fries
Lettuce, Tomato, Pickles

Monday, November 4

Cheeseburger on bun
Oven Fries
Lettuce, Tomato, Pickles

Tuesday, November 5

NO SCHOOL TODAY



Wednesday, November 6

Meatball Grinder w/melted mozzarella cheese
Fresh Steamed Green Beans

Thursday, November 7

Chicken Nuggets w/dinner roll
Sweet Potato Fries

Friday, November 8

Dutch Waffle w/syrup
Turkey Sausage Patty
Hash Brown Potato
Mixed Berries Cup



**SUNDAY,
NOV. 3**

**DON'T
FORGET
TO SET
YOUR
CLOCKS BACK**

FIND THE FIBER.

It's not hard. Everything in these two pictures is loaded with fiber! Your go-to sources for this all-

important nutrient should look like this stuff: fresh whole fruits and veggies, beans, nuts,



and grain products that are whole (like brown rice, corn, and quinoa) or processed grain foods (like bread, cereal, and pasta) that are made with at least

50% whole grains. Try to get most of your fiber where it occurs naturally, rather than



from highly processed foods that include fiber as an added ingredient so they can be sold as "high fiber."

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

eatfit

wanna stay fit?
gotta eat right!



While we're on the subject of fiber, it's worth noting that the star of many Thanksgiving dinners -- roast turkey -- contains no fiber at all. But that's OK! Turkey is a low-fat, low-calorie source of high-quality protein, worthy of your plate any day of the year! Just don't go too crazy with the gravy on Thanksgiving or with the mayo when you're eating the leftovers on a sandwich. And look for other good sources of fiber on the holiday table: broccoli, carrots, sweet potatoes, and even cranberry sauce and pumpkin pie are all good fiber sources, although, as always, watch the sweet stuff.

Featured Specials of the Day

Monday, November 11

Cheeseburger on bun
Lettuce, Tomato, Pickles
Potato Puffs

Tuesday, November 12

Chicken Tenders w/ dinner roll
Sweet Potato Fries

Wednesday, November 13

Cheese Pizza Crunchers w/marinara sauce
Fresh Steamed Broccoli

Thursday, November 14

Roast Turkey w/gravy
Mashed Potatoes
Green Beans
Dinner Roll

Friday, November 15

Chicken Quesadilla w/ sour cream & salsa
Brown Rice
Corn

YO!
Join us for our
Thanksgiving
Feast

Featuring
Turkey & all
your favorite
trimmings



Tuesday, November 14



Please see other
page for items
available daily

Featured Specials of the Day

Monday, November 18

Mandarin Orange Chicken
Brown Rice
Broccoli Florets

Tuesday, November 19

Cheeseburger on bun
Lettuce, Tomato, Pickles
Oven Fries

Wednesday, November 20

Mozzarella Sticks w/marinara sauce
Fresh Steamed Green Beans

Thursday, November 21

Chicken Filet on bun
Lettuce, Tomato, Pickles
Potato Puffs

Friday, November 22

Dutch Waffle w/syrup
Turkey Sausage Patty
Hash Brown Potato
Mixed Berries Cup

Monday, November 25

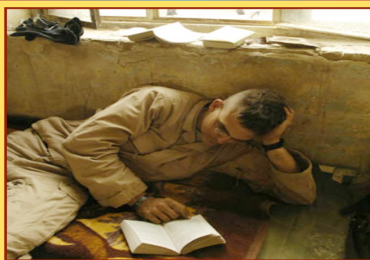
Chicken Tenders w/ Corn Muffin
Sweet Potato Fries

Tuesday, November 26

Chicken Fajita w/ sour cream & salsa
Lettuce, Tomato, Cheese
Brown Rice & Corn

★ OUR NATION'S HISTORY ★

During World War I, 25% of Americans drafted into the Army couldn't read or write. So a group of educators helped found American Education Week in 1921, to bring attention to the need for public education and to salute the dedicated teachers who help students learn. Please remember to thank your teachers during this year's American Education Week, which will be celebrated later this month, from November 18-22.



★ WITH LIBERTY & JUSTICE FOR ALL ★

THANKSGIVING!
ENJOY YOUR HOLIDAY!
SEE YOU MONDAY!

