

Seymour Elementary Schools

Menus for 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
 - Smucker's PBJ
 - 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

Big Daddy Cheese Pizza
Turkey & Cheese Sandwich
Mixed Green Salad

Monday, November 4

Cheeseburger on bun
Turkey & Cheese Sandwich
Oven Fries
Baked Beans

Tuesday, November 5

NO SCHOOL TODAY

Wednesday, November 6

Cheese Pizza Crunchers w/marinara sauce
Turkey & Cheese Sandwich
Fresh Steamed Green Beans

Thursday, November 7

Chicken Nuggets w/dinner roll
Ham & Cheese Sandwich
Sweet Potato Fries
Broccoli

Friday, November 8

Big Daddy Cheese Pizza
Turkey & Cheese Sandwich
Mixed Green Salad



**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!**

Featured Specials of the Day

Monday, November 11

Dutch Waffle w/turkey sausage
Turkey & Cheese Sandwich
Hash Brown Potato
Mixed Berry Cup

Tuesday, November 12

Chicken Tenders w/dinner roll
Ham & Cheese Sandwich
Sweet Potato Fries
Vegetable Dragon Juice

Wednesday, November 13

Mozzarella Sticks w/marinara sauce
Fresh Steamed Broccoli

Thursday, November 14

Roast Turkey w/gravy
Ham & Cheese Sandwich
Mashed Potatoes & Green Beans
Dinner Roll

Friday, November 15

Big Daddy Cheese Pizza
Turkey & Cheese Sandwich
Mixed Green Salad

YO!
Join us for our
Thanksgiving
Feast



Featuring
Turkey & all
your favorite
trimmings



Featured Specials of the Day

Monday, November 18

Mandarin Orange Chicken
Turkey & Cheese Sandwich
Brown Rice
Broccoli

Tuesday, November 19

Cheeseburger on bun
Ham & Cheese Sandwich
Oven Fries

Wednesday, November 20

Cheese Pizza Crunchers w/marinara sauce
Turkey & Cheese Sandwich
Green Beans

Thursday, November 21

Big Daddy Cheese Pizza
Ham & Cheese Sandwich
Mixed Green Salad

Friday, November 22

Chicken Nuggets w/dinner roll
Turkey & Cheese Sandwich
Sweet Potato Fries
Vegetable Dragon Juice

Monday, November 25

Cheeseburger on bun
Ham & Cheese Sandwich
Oven Fries

Tuesday, November 26

French Toast Sticks
Turkey Sausage Patty
Ham & Cheese Sandwich
Hash Brown Potato

★ 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!