

JANUARY 2026

Seymour Middle & High School

*This institution is an equal opportunity provider .
Menus subject to change*

AVAILABLE DAILY

Breakfast is Offered Daily

Assorted Cereal

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
- Deli Bar
- Smucker's PBJ
- Assorted Pizza

3. Choose One 8 oz. Milk

- Low-Fat White or Flavored Milk



ANIMAL APPETITES

Food becomes more scarce for a lot of birds in winter, especially in areas prone to snow and ice. A bird feeder or two helps them survive and gives you plenty of entertainment, no matter what winter is like in your neck of the woods!





Pro Football
playoffs start
Saturday, Jan. 11.
What team will
wear the crown
on Super Bowl
Sunday?

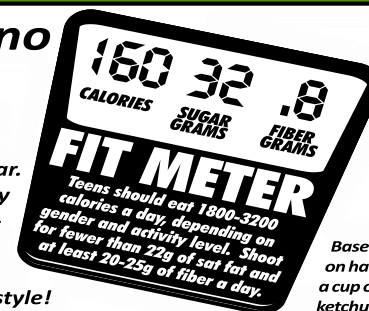
eatfit

wanna stay fit?
gotta eat right!



item: ketchup **verdict:** tomato-no

tip: The difference between ketchup and a tomato is like the difference between actual lightning . . . and a lightning bug. Yes, ketchup is made using tomatoes, but ketchup also includes a ridiculous amount of added sugar. Plus, most of us Americans use ketchup mainly as a delivery vehicle for other high-salt, high-fat, high-calorie foods like fries and chicken nuggets. Listen, a little ketchup isn't going to hurt you. But ketchup is a condiment, not a lifestyle!



Featured Specials of the Day

Monday, January 13

Mandarin Orange Chicken
Brown Rice
Broccoli Florets

Tuesday, January 14

Tacos w/lettuce, tomato, cheese,
salsa, sour cream
Corn

Wednesday, January 15

Mozzarella Sticks w/marinara sauce
Mixed Vegetables

Thursday, January 16

Roast Turkey w/gravy
Mash Potatoes
Green Beans

Friday, January 17

Steak & Cheese on roll
Peppers & Onions
Oven Fries

Featured Specials of the Day

Monday, January 20

School will be closed on Monday,
January 15 in honor of Martin
Luther King, Jr.'s Birthday



Tuesday, January 21

Tacos w/lettuce, tomato, cheese,
salsa, sour cream
Corn

Wednesday, January 22

Meatball Grinder w/mozzarella
Oven Fries

Thursday, January 23

Chicken Filet on bun
Lettuce, Tomato, Pickles
Potato Puffs

Friday, January 24

Cheeseburger on bun
Lettuce, Tomato, Pickles
Sweet Potato Fries

Featured Specials of the Day

Monday, January 27

Dutch Waffle
Turkey Sausage Patty
Hash Brown Potato

Tuesday, January 28

Chicken Tenders w/roll
Sweet Potato Fries
Mixed Vegetables

Wednesday, January 29

Cheese Pizza Crunchers w/marinara sauce
Fresh Steamed Broccoli

Thursday, January 30

Chicken Nuggets w/dinner roll
Mashed Potatoes
Green Beans

Friday, January 31

Chicken Quesadilla
Lettuce, Tomato, Salsa
Brown Rice & Corn