

MENUS FOR JANUARY 2026

Seymour Elementary Schools

*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



Welcome Back!
We hope you enjoyed your break!

Featured Specials of the Day

Thursday, January 2

Dutch Waffle w/syrup
Ham & Cheese Sandwich
Turkey Sausage Patty
Hash Brown Potato

Friday, January 3

Big Daddy Cheese Pizza
Turkey & Cheese Sandwich
Mixed Green Salad

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!



**Every complete meal we serve comes with your
choice of milk!**

Featured Specials of the Day

Monday, January 6

Cheeseburger on bun
Turkey & Cheese Sandwich
Oven Fries

Tuesday, January 7

Tacos w/Lettuce, Tomato, Cheese
Ham & Cheese Sandwich
Corn

Wednesday, January 8

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

Thursday, January 9

Chicken Nuggets w/roll
Ham & Cheese Sandwich
Mashed Potatoes
Broccoli

Friday, January 10

Big Daddy Pizza
Turkey & Cheese Sandwich
Garden Salad



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

eat fit

wanna stay fit?
gotta eat right!



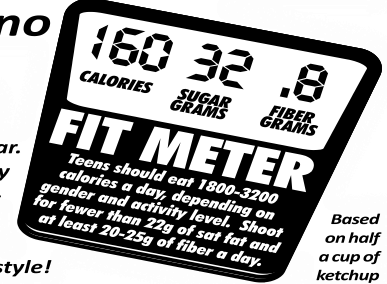
item: ketchup **verdict:** tomato-no

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

Chicken Tenders w/roll
Turkey & Cheese Sandwich
Sweet Potato Fries

Tuesday, January 14

Tacos w/Lettuce, Tomato, Cheese
Ham & Cheese Sandwich
Corn

Wednesday, January 15

Mozzarella Sticks
Turkey & Cheese Sandwich
Broccoli

Thursday, January 16

Roast Turkey & Gravy
Ham & Cheese Sandwich
Mashed Potatoes & Green Beans
ICE CREAM CUP

Friday, January 17

Big Daddy Cheese Pizza
Turkey & Cheese Sandwich
Mixed Green Salad

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
Ham & Cheese Sandwich
Corn

Wednesday, January 22

Mozzarella Sticks
Turkey & Cheese Sandwich
Broccoli

Thursday, January 23

Popcorn Chicken w/roll
Ham & Cheese Sandwich
Mashed Potatoes
Green Beans

Friday, January 24

Big Daddy Cheese Pizza
Turkey & Cheese Sandwich
Mixed Green Salad

Featured Specials of the Day

Monday, January 27

Cheeseburger on bun
Turkey & Cheese Sandwich
Oven Fries

Tuesday, January 28

Tacos w/Lettuce, Tomato, Cheese
Ham & Cheese Sandwich
Corn

Wednesday, January 29

Cheese Pizza Crunchers
Turkey & Cheese Sandwich
Broccoli

Thursday, January 30

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

Friday, January 31

Big Daddy Cheese Pizza
Turkey & Cheese Sandwich
Mixed Green Salad

