Menus for October 2025

Seymour Elementary Schools

This institution is an equal opportunity provider and employer.

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
   - Boar's Head Deli Sandwiches
   - Smucker's PBJ
   - Bagel & Yogurt Plate
3. **Choose *One* 8 oz. Milk**
   - Low-Fat White or Flavored Milk

Featured Specials of the Day

Wednesday, October 1
Mozzarella Sticks w/marinara sauce
Turkey & Cheese Sandwich
Fresh Garden Salad w/tomato, cucumbers, chick peas

Thursday, October 2
Philly Steak & Cheese on bun
Ham & Cheese Sandwich
Sweet Potato Fries

Friday, October 3
Big Daddy Cheese Pizza
Turkey & Cheese Sandwich
Fresh Garden Salad w/tomato, cucumbers, chick peas

Monday, October 6
Chicken Nuggets w/muffin
Mash Potatoes & Green Beans

Tuesday, October 7
Tacos w/lettuce, tomato, cheese
Ham & Cheese Sandwich
Corn

Wednesday, October 8
Cheese Pizza Crunchers w/marinara sauce
Turkey & Cheese Sandwich
Broccoli

Thursday, October 9
Hamburger or Cheeseburger on bun
Ham & Cheese Sandwich
Oven Fries

Friday, October 10
Big Daddy Cheese Pizza
Turkey & Cheese Sandwich
Fresh Garden Salad w/tomato, cucumbers, chick peas

If you have not submitted a new application for this year please do so before October 10th.

On October 10th meal benefits from 2024 will expire.

Featured Specials of the Day

Monday, October 13
Columbus Day
No School

Tuesday, October 14
Tacos w/lettuce, tomato, cheese
Ham & Cheese Sandwich
Corn

Wednesday, October 15
Waffles w/syrup & Turkey Sausage Patty
Turkey & Cheese Sandwich
Hash Brown

Thursday, October 16
Chicken Patty on bun
Ham & Cheese Sandwich
Oven Fries

Friday, October 17
Big Daddy Cheese Pizza
Turkey Cheese Sandwich
Fresh Garden w/tomato, cucumbers, chick peas

eatfit

wanna stay fit?

gotta eat right!

There's magic at the produce stand!

Try to eat 5-10 servings of Fruits and Veggies every day to make sure you EAT FIT!

1. Write the total number of fruit and veggie servings you eat on an average day _____
2. Multiply your average servings by 2 _____
3. Add 5 to the number on line 2 _____
4. Multiply line 3 by 50 _____
5. Write 1775 if you've had your birthday this year or 1774 if you haven't _____
6. Add lines 4 and 5 together _____
7. Write the year you were born _____
8. Subtract line 7 from line 6 _____

The first digit on line 8 is your number of servings from line 1, and the remaining digits are your age. Now, increase your daily servings of fruits and veggies today and try it again!

It works like MAGIC!

Featured Specials of the Day

Monday, October 20
Popcorn Chicken w/ dinner roll
Turkey & Cheese Sandwich
Mash Potatoes
Green Beans

Tuesday, October 21
Tacos w/lettuce, tomato, cheese
Ham & Cheese Sandwich
Corn

Wednesday, October 22
Mozzarella Sticks w/marinara sauce
Turkey & Cheese Sandwich
Steamed Broccoli

Thursday, October 23
Hamburger or Cheeseburger on bun
Ham & Cheese Sandwich
Sweet Potato Fries

Friday, October 24
Big Daddy Cheese Pizza
Turkey & Cheese Sandwich
Fresh Garden Salad w/tomato, cucumbers, chick peas

Featured Specials of the Day

Monday, October 27
Mini Pancakes w/syrup
Turkey & Cheese Sandwich
Turkey Sausage Patty
Potato Smiles

Tuesday, October 28
Tacos w/lettuce, tomato, cheese
Ham & Cheese Sandwich
Corn

Wednesday, October 29
Cheese Pizza Crunchers w/marinara sauce
Turkey & Cheese Sandwich
Green Beans

Thursday, October 30
Big Daddy Cheese Pizza
Ham & Cheese Sandwich
Fresh Garden Salad w/tomato, cucumbers, chick peas

Friday, October 31
Batty Nuggets w/Pumpkin Pretzel
Turkey & Cheese Sandwich
Sweet Potato Fries
Ice Cream Cup