Seymour Elementary Schools

Menus for November 2025

This institution is an equal opportunity provider.
Menus are 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
   - 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

Monday, November 3
Chicken Nuggets w/muffin
Turkey & Cheese Sandwich
Mash Potatoes
Green Beans

Tuesday, November 4
Election Day

Wednesday, November 5
Twisted Cheesy Bread Sticks
Marinara sauce
Turkey & Cheese Sandwich
Broccoli

Thursday, November 6
Hamburger or Cheeseburger on bun
Ham & Cheese Sandwich
Oven Fries

Friday, November 7
Big Daddy Cheese Pizza
Turkey & Cheese Sandwich
Fresh Garden Salad w/tomato, cucumbers, chick peas

Featured Specials of the Day

Monday, November 10
Mandarin Orange Chicken
Turkey & Cheese Sandwich
Brown Rice & Broccoli
Broccoli

Tuesday, November 11
Tacos w/lettuce, tomato, cheese
Ham & Cheese Sandwich
Corn

Wednesday, November 12
Waffles w/syrup & Turkey Sausage Patty
Turkey & Cheese Sandwich
Hash Brown

Thursday, November 13
Roast Turkey w/gravy
Garlic Knot
Ham & Cheese Sandwich
Mashed Potatoes
Green Beans

Friday, November 14
Big Daddy Cheese Pizza
Turkey Cheese Sandwich
Fresh Garden w/tomato, cucumbers, chick peas

Please See Other Page for Items Available Daily

Featured Specials of the Day

Monday, November 17
Tacos w/lettuce, tomato, cheese
Turkey & Cheese Sandwich
Corn

Tuesday, November 18-ED
Chicken Patty on bun
Ham & Cheese Sandwich
Oven Fries

Wednesday, November 19 ED
Mozzarella Sticks w/marinara sauce
Turkey & Cheese Sandwich
Steamed Broccoli

Thursday, November 20 ED
Hamburger or Cheeseburger on bun
Ham & Cheese Sandwich
Sweet Potato Fries

Friday, November 21
Big Daddy Cheese Pizza
Turkey & Cheese Sandwich
Fresh Garden Salad w/tomato, cucumbers, chick peas

★ Our Nation's History

In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.

★ *With Liberty & Justice for All* ★

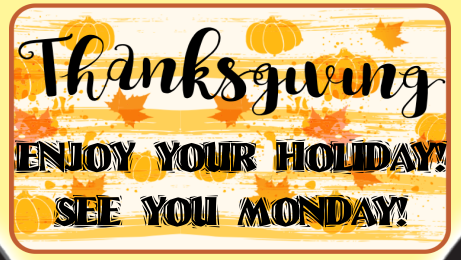
45 BY THE NUMBERS

THE NUMBER OF AMERICANS, IN MILLIONS, WHO WILL TRAVEL MORE THAN 50 MILES FOR THANKSGIVING.

Featured Specials of the Day

Monday, November 24
Mini Pancakes w/syrup
Turkey & Cheese Sandwich
Turkey Sausage Patty
Potato Smiles

Tuesday, November 25
Twisted Cheesy Bread Sticks
Marina Sauce
Ham & Cheese Sandwich
Broccoli



eatfit

wanna stay fit? gotta eat right!

item: **cranberry sauce**

verdict: **gelatinous!**

Based on a ¼ cup serving

tip: *Is a food that's served with the can marks still on it really cool or really gross? Cranberry sauce does have some nutrients and fiber, but a measly ¼ cup contains a whole day's worth of added sugar, usually in the form of high fructose corn syrup. This year, try this: Google "cranberry sauce recipe" and cook your own. It's extremely simple to make, and everyone will be so impressed!*