

March 2026



Seymour High School

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

Featured Specials of the Day

Monday, March 2

Hot & Spicy or Chicken Patty on bun
Lettuce, Tomato, Pickles
Potato Wedges

Tuesday, March 3

Tacos w/Lettuce, Tomato, Cheese
Salsa & Sour Cream
Steamed Brown Rice
Corn

Wednesday, March 4

Twisted Cheesy Bread Sticks
Marinara sauce
Green Beans

Thursday, March 5

Hamburger or Cheeseburger
Lettuce, Tomato, Pickle
Sweet Potato Fries

Friday, March 6

Mandarin Orange Chicken
Seasoned Rice
Broccoli

Featured Specials of the Day

Monday, March 9

Crispy Chicken Sandwich
Lettuce, Tomato, Pickles
Oven Fries

Tuesday, March 10

Tacos w/ lettuce, tomato, cheese
Salsa & Sour Cream
Salad w/ farm fresh lettuce, tomatoes,
cucumbers, chick peas

Wednesday, March 11

Mozzarella Sticks w/marinara sauce
Mixed Vegetables

Thursday, March 12

Dutch Waffle w/ Sausage Patty or
Egg, Sausage & Cheese Croissant
Hash Brown Potato

Friday, March 13

Chicken Quesadilla
Lettuce, Tomato, Cheese
Salsa & Sour Cream
Corn

Featured Specials of the Day

Monday, March 16

Hot & Spicy or Chicken Patty on bun
Lettuce, Tomato, Pickles
Potato Wedges

Tuesday, March 17

Shamrock Nuggets
Mashed Potatoes
Pretzel

Wednesday, March 18

Twisted Cheesy Bread Sticks w/marinara sauce
Steamed Broccoli

Thursday, March 19

Philly Steak w/cheese
Onions & Peppers
Oven Fries

Friday, March 20

Mandarin Orange Chicken
Steamed Rice
Broccoli

**Please see the other page
for items available daily**

10,000 **BY THE NUMBERS**
THERE ARE 10,000 3-LEAF
CLOVERS FOR EVERY 4-LEAF
CLOVER IN A CLOVER PATCH

Featured Specials of the Day

Monday, March 23

Chicken Tenders w/ dinner roll
Oven Fries
Green Beans

Tuesday, March 24

Tacos w/lettuce, tomato, cheese
Steamed Brown Rice
Corn

Wednesday, March 25

Mozzarella Sticks w/marinara sauce
Steamed Broccoli

Thursday, March 26

Hamburger or Cheeseburger on bun
Sweet Potato Fries

Friday, March 27

Chicken Quesadilla
Lettuce, Tomato, Cheese
Salsa & Sour Cream
Corn

Featured Specials of the Day

Monday, March 30

Hot & Spicy or Chicken Patty on bun
Lettuce, Tomato, Pickles
Potato Wedges

Tuesday, March 31

Tacos w/Lettuce, Tomato, Cheese
Salsa & Sour Cream
Steamed Brown Rice
Corn

VEGETABLE
Eggplant

Eggplant has nothing at all to do with eggs! In fact, this shiny purple veggie is related to tomatoes, bell peppers, and potatoes! Eggplant is a good source of fiber, vitamin K and B vitamins, and dietary minerals like copper and potassium.



OF THE MONTH