

# Menus for May 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
3. Choose One 8 oz. Milk
  - Low-Fat White or Flavored Milk

### Featured Specials of the Day

#### Friday, May 1

Mandarin Orange Chicken  
Seasoned Rice  
Broccoli

#### Monday, May 4

Crispy Chicken Sandwich  
Lettuce, Tomato, Pickles  
Oven Fries

#### Tuesday, May 5

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

#### Wednesday, May 6

Mozzarella Sticks w/marinara sauce  
Broccoli

#### Thursday, May 7

Cheeseburger w/turkey bacon  
Tater Tots

#### Friday, May 8

Meatball Grinder w/melted mozzarellas cheese  
Sweet Potato Fries

All Negative Balance Must Be Paid by  
June 17th

Make a payment with either a debit or  
credit card online at:

<https://lingconnect.com./main>

- ♦ Send a check made payable to the  
Seymour School Lunch Program.
- ♦ You may also send cash

### Featured Specials of the Day

#### Monday, May 11

Hot & Spicy or Chicken Patty on bun  
Lettuce, Tomato, Pickles  
Oven Fries

#### Tuesday, May 12

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

#### Wednesday, May 13

Twisted Cheesy Bread Sticks w/marinara sauce  
Steamed Broccoli

#### Thursday, May 14

Philly Steak w/cheese  
Onions & Peppers  
Oven Fries

#### Friday, May 15

Orange Chicken  
Steamed Rice  
Broccoli

★ OUR NATION'S HISTORY ★



**M**emorial Day originated in the years after the Civil War to remember and honor those who had died in service to our country. At first, Memorial Day was called "Decoration Day" – literally, a day that was set aside to beautify the final resting places of our honored dead.

This year, while you're enjoying your day off, please don't forget to honor them in your heart, too!

★ WITH LIBERTY & JUSTICE FOR ALL ★

Please see the other page for items available daily

# eatfit

wanna stay fit?  
gotta eat right!

item: water verdict: ripped

tip: Use water to power your workouts – and your life. Try to drink at least 6-8 8-ounce servings of water a day. No matter how much you drink, it always adds up to zero calories. So try having agua instead of soda or other high-calorie, low-nutrition drinks as often as possible!



## Featured Specials of the Day

**Monday, May 18**  
Chicken Tenders w/ dinner roll  
Oven Fries

**Tuesday, May 19**  
Tacos w/lettuce, tomato, cheese  
Steamed Brown Rice  
Corn

**Wednesday, May 20**  
Mozzarella Sticks w/marinara sauce  
Steamed Broccoli

**Thursday, May 21 ED**  
Bacon Hamburger or Cheeseburger on bun  
Sweet Potato Fries

**Friday, May 22**  
Chicken Quesadilla  
Lettuce, Tomato, Cheese  
Salsa & Sour Cream  
Corn

## Featured Specials of the Day

**Monday, May 25**  
**Memorial Day No School**

**Tuesday, May 26**  
Tacos w/ lettuce, tomato, cheese  
Salsa & Sour Cream  
Salad w/ farm fresh lettuce, tomatoes,  
cucumbers, chick peas

**Wednesday, May 27**  
Cheezy Twisted Breadsticks w/marinara sauce  
Mixed Vegetables

**Thursday, May 28**  
Bacon Hamburger or Cheeseburger on bun  
Sweet Potato Fries

**Friday, May 29**  
Chicken Tenders w/ dinner roll  
Oven Fries  
Green Beans