

Menus for May 2026

Seymour Middle 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
Mixed Vegetables

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

Hot Dog
Baked Beans
Potato Puffs

Friday, May 15

Orange Chicken
Steamed Rice
Broccoli

★ OUR NATION'S HISTORY ★



Memorial 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 ★

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
Hot Dog
Baked Beans
Potato Puffs

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
Cheesy 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

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!

