

LAST DAY FREE MEALS DECEMBER 23, 2022

What You Need To Know
BEGINNING January 4, 2023

Meal Prices are:

| | |
|----------------------|--------|
| Paid Lunch Price | \$3.65 |
| Reduce Lunch | \$0.40 |
| Breakfast Paid Price | \$2.00 |
| Reduced Price | Free |
| Milk | \$0.60 |

Free or Reduced Price Meal Applications

Don't forget to complete the meal application to qualify for free or reduced price meals. Contact the main office at school if you did not receive an application. Applications may also be found on the district website.

How to Pay for School Meals

Payment Options:

1. Prepay with Credit or Debit Card at: **register at: Family.titank12.com** and click on sign up today.

In order to pay online you will need your child's student ID number. This can be located when you log onto Power School. There will be a series of numbers following your child's name and grade. That is the student ID number.

2. Prepay - Deposit money into your child's meal account to purchase lunch & breakfast.
3. Daily Payments - Students may pay for meals daily as they go through the serving line. This method is discouraged

Forms of Payment:

1. Checks made payable to the Seymour School Lunch Program. Be sure to include your child's name on the check. This method of payment is strongly recommended.
2. Cash is accepted daily

Reminder:

Students must have money in their account or pay with cash to purchase meals

Please contact the school cafeteria for information



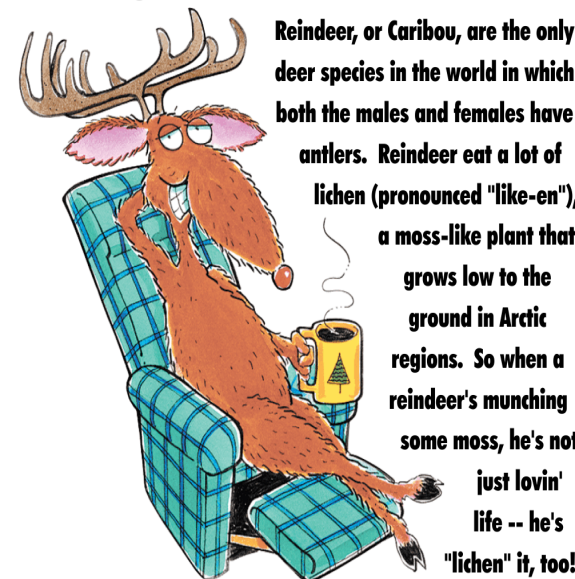
This institution is an equal opportunity provider.



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 Sandwich
 - Bagel & Yogurt Plate
3. Choose One 8 oz. Milk
 - Low-Fat White or Flavored Milk

LICHEN LIFE



Reindeer, or Caribou, are the only deer species in the world in which both the males and females have antlers. Reindeer eat a lot of lichen (pronounced "like-en"), a moss-like plant that grows low to the ground in Arctic regions. So when a reindeer's munching some moss, he's not just lovin' life -- he's "lichen" it, too!

ANIMAL APPETITES

Featured Specials of the Day

Monday, December 5

Cheeseburger on bun
Lettuce, Tomato, Pickles
Sidewinder Fries

Tuesday, December 6

Chicken & Vegetable Dumplings w/orange
sauce

Seasoned Brown Rice

Fresh Steamed Broccoli

Wednesday, December 7

Choice of:

Macaroni & Cheese

Calzone w/marinara sauce

Fresh Steamed Broccoli

Thursday, December 8

Chicken Filet on bun

Sweet Potato Fries

Fresh Steamed Green Beans

Friday, December 9

Twin Tacos w/lettuce, tomato, cheese

Brown Rice

Corn



Thursday, Dec. 15

Featured Specials of the Day

Monday, December 12

Funnel Cake w/syrup

Turkey Sausage Patty

Sausage, Egg & Cheese Croissant

Hash Brown Potato

Tuesday, December 13

Chicken Nuggets w/roll

Seasoned Curly Fries

Wednesday, December 14

Mozzarella Sticks w/marinara sauce

Fresh Steamed Broccoli

Thursday, December 15

Roast Turkey w/ gravy

Boar's Head Ham & Cheese Sandwich

Mash Potatoes

Cranberry Sauce

Fresh Steamed Green Beans

Dinner Roll

Friday, December 16

Toasted Grilled Cheese Sandwich

Sweet Potato Fries

Featured Specials of the Day

Monday, December 19

Mandarin Orange Chicken

Seasoned Rice

Fresh Steamed Broccoli

Tuesday, December 20

Cheeseburger

Oven Fries

Lettuce, Tomato, Pickles

Wednesday, December 21

Pasta w/meat sauce

Fresh Steamed Green Beans

Thursday, December 22

Chicken Filet on Bun

Sweet Potato Fries

Friday, December 23

Twin Tacos w/lettuce, tomato, cheese

Brown Rice

Corn

LAST DAY OF FREE MEALS

DECEMBER 23, 2022

OUT COLD.

Not only do we eat more in the winter, we also tend to exercise less. Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

