

LAST DAY FREE MEALS DECEMBER 23, 2022

What You Need To Know
BEGINNING January 4, 2023

Meal Prices are:

Paid Lunch Price	\$3.15
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

Chicken Nuggets w/roll
Boar's Head Turkey & Cheese Sandwich
Sweet Potato Fries
Fresh Steamed Green Beans

Tuesday, December, 6

Tacos with Lettuce, tomato, cheese
Boars head Ham & Cheese on bun
Corn

Wednesday, December, 7

Popcorn Chicken w/roll
Boars Head Turkey & Cheese on bun
Oven Fries

Thursday, December, 8

Pizza Crunchers
Boars Head Ham & Cheese on bun
Fresh Steamed Broccoli

Friday, December, 9

Cheese Pizza
Boars Head Turkey & Cheese on bun
Mixed Green Salad w/tomatoes,
cucumbers, spinach & chick peas



Thursday, Dec. 15

Featured Specials of the Day

Monday, December, 12

Toasted Grilled Cheese Sandwich
Boars Head Turkey & Cheese on bun
Sweet Potato Fries

Tuesday, December, 13

Cheeseburger on bun
Oven Fries

Wednesday, December, 14

Mozzarella Sticks w/marinara sauce
Boars Head Turkey & Cheese on bun
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

Cheese Pizza
Boars Head Turkey & Cheese on bun
Mixed Green Salad w/tomatoes,
cucumbers, spinach & chick peas

Featured Specials of the Day

Monday, December, 19

Funnel Cake Waffle w/syrup
Turkey Sausage Patty
Boars Head Turkey & Cheese on bun
Hash Brown Potato

Tuesday, December, 20

Chicken Patty on bun
Boar's Head Ham & Cheese Sandwich
Sweet Potato Fries

Wednesday, December, 21

Mozzarella Sticks w/marinara sauce
Boar's Head Turkey & Cheese Sandwich
Fresh Steamed Green Beans

Thursday December, 22

Cheeseburger on bun
Oven Fries
Corn

Friday, December, 23

Personal Cheese Pizza
Boars Head Turkey & Cheese on bun
Mixed Green Salad w/tomatoes,
cucumbers, spinach & chick peas

REMINDER

LAST DAY FREE MEALS
DECEMBER 23

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!

