

# Menus for May 2023

## Seymour High School

This institution is an equal opportunity provider.  
Menus are subject to change.



## Featured Specials of the

### Monday, May 1

Roast Turkey w/gravy  
Mashed Potatoes  
Green Beans  
Dinner Roll

### Tuesday, May 2

Tacos w/lettuce, tomato, cheese, salsa  
Seasoned Brown Rice  
Corn

### Wednesday, May 3

Meatball Grinder  
Sweet Potato Fries

### Thursday, May 4

Cheeseburger on bun  
Lettuce, Tomato, Pickle  
Oven Fries

### Friday, May 5

Mozzarella Sticks w/marinara sauce  
Fresh Steamed Broccoli

## Message to Parents

### Reminder To Parents:

**Although meals are free for the remainder of the year, However, Negative Balances must be paid. Now is the time to make payments. See payment options below.**

**Milk purchase is \$0.60. Milk. This is not free under the guidelines.**

### 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

Please contact the school cafeteria for information regarding your child's meal account

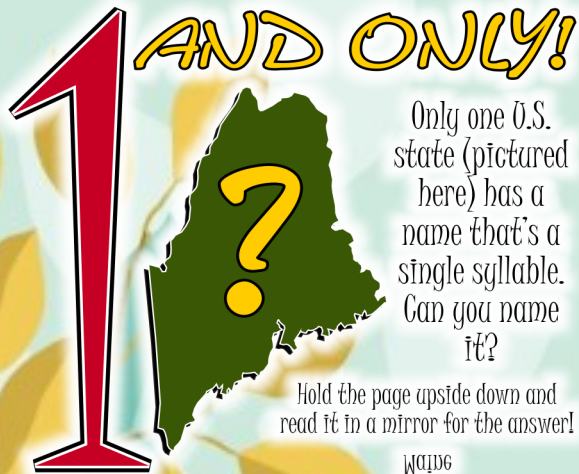
## Available Daily

### Breakfast is Offered Daily

Variety of Breakfast Entrees  
Fruit Juice & Milk Included

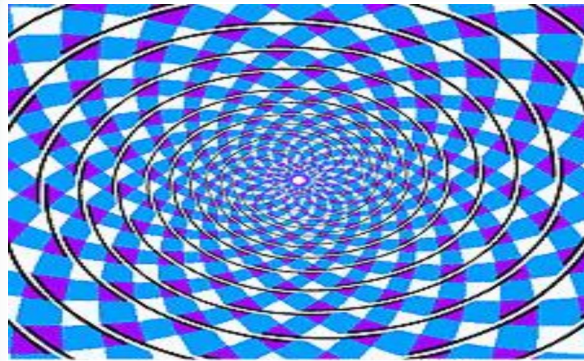
### Your Complete Lunch will Include:

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
  - Variety of Pizza
3. Choose One 8 oz. Milk
  - Low-Fat White or Flavored Milk



Hold the page upside down and read it in a mirror for the answer!

MAING



**The  
Fraser  
Spiral  
Illusion**

You're looking at one of the strongest optical illusions known to science. It's not a spiral at all – it's a series of circles. The background makes it appear to be a spiral. Try tracing one of the circles if you're not convinced.

## Featured Specials of the Day

### **Monday, May 8**

Chicken Filet on bun  
Sweet Potato Fries

### **Tuesday, May 9**

Hot Dog on bun  
Oven Fries  
Baked Beans

### **Wednesday, May 10**

Pasta w/meat sauce  
Fresh Steamed Green Beans

### **Thursday, May 11**

Chicken Nuggets w/dinner roll  
Sweet Potato Fries

### **Friday, May 12**

Mini Cheese Ravioli w/marina sauce  
Fresh Steamed Broccoli

## Featured Specials of the Day

### **Monday, May 15**

Cheeseburger on bun  
Lettuce, tomato, Pickles  
Potato Puffs

### **Tuesday, May 16**

Chicken Tenders w/roll  
Sidewinder Fries

### **Wednesday, May 17**

Mozzarella Sticks w/marinara sauce  
Fresh Steamed Broccoli

### **Thursday, May 18**

Tacos w/lettuce, tomato, cheese, salsa  
Seasoned Brown Rice & Corn

### **Friday, May 19**

Chicken Filet on bun  
Sweet Potato Fries  
Seasoned Green Beans

## Featured Specials of the Day

### **Monday, May 22**

Waffles w/syrup  
Turkey Sausage Patty  
Sausage, Egg & Cheese Croissant  
Hash Brown Potato

### **Tuesday, May 23**

Chicken Tenders w/dinner roll  
Sweet Potato Fries

### **Wednesday, May 24**

Mozzarella Sticks w/marinara sauce  
Fresh Steamed Green Beans

### **Thursday, May 25**

Hot Dog on bun  
Oven Fries  
Baked Beans

### **Friday, May 26**

Popcorn Chicken w/dipping sauce  
Mashed Potatoes  
Corn  
Dinner Roll

### **Monday, May 29**

**MEMORIAL DAY NO SCHOOL TODAY**

### **Tuesday, May 30**

Chicken Filet on bun  
Seasoned Brown Rice  
Steamed Carrots

### **Wednesday, May 31**

Mozzarella Sticks w/marinara sauce  
Fresh Steamed Broccoli