May
Bungay Elementary School

This institution is an equal opportunity provider.

Food Service Position Available
Chatfield-LoPresti Elementary School
$15.00 Hour
Apply at: www.seymourschools.org
Food Services Job Number 1559

Featured Specials of the Day

Monday, May 2
- Pancakes w/syrup
- Turkey Sausage Patty
- Chef Salad or Bagel & Yogurt Plate
- Boar’s Head Turkey Sandwich
- Hash Brown Potato

Tuesday, May 3
- Popcorn Chicken w/dipping sauces
- Tater Tots
- Fresh Steamed Broccoli
- Dinner Roll
- Boar’s Head Ham & Cheese Sandwich
- Chef Salad or Bagel & Yogurt Plate

Wednesday, May 4
- Ciabatta Grilled Cheese Sandwich
- Chef Salad or Bagel & Yogurt Plate
- Boar’s Head Turkey Sandwich
- Seasoned Green Beans

Thursday, May 5
- Chicken Patty on bun
- Boar’s Ham & Cheese Sandwich
- Chef Salad or Bagel & Yogurt Plate
- Sweet Potato Fries

Friday, May 6
- Cheese Pizza Slice
- Boar’s Head Roasted Turkey & Cheese Sandwich
- Chef Salad or Bagel & Yogurt Plate
- Mixed Green Salad w/Tomatoes, cucumbers, Chick peas

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All Lunches Include:
Students Must Have a Fruit or Vegetable on their tray to complete their lunch

1. Choose 1 Entrée Item:
   - Hot Meal of the Day
   - Deli Sandwich, Chef Salad
   - Bagel & Yogurt Plate

2. Choose 1 Fruit or Vegetable
   - Mini Baby Carrots
   - Rainbow Fruit & Vegetable Tray
   - Black Bean & Corn Salad
   - Hot Vegetable of Day
   - Seasonal Produce

3. Choose 1 Milk
   - Fat Free & Fat Free Flavored Milk
   - Low-Fat White

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As a rule, Americans don’t eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans’ slow release of glucose makes them a superfood for people with diabetes. Wow!

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NUTRITION TO GO

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A TASTY MORSEL FOR PARENTS
Featured Specials of the Day

Monday, May 9
Mandarin Orange Chicken
Boars Head Turkey & Cheese Sandwich
Chef Salad or Bagel or Yogurt Plate
Seasoned Brown Rice
Fresh Steamed Broccoli

Tuesday, May 10
Cheeseburger on bun
Boar’s Ham & Cheese Sandwich
Chef Salad or Bagel or Yogurt Plate
Sweet Potato Fries

Wednesday, May 11
Funnel Cake Waffle w/syrup
Turkey Sausage Patty
Boar’s Head Turkey & Cheese Sandwich
Chef Salad or Bagel & Yogurt Plate
Hash Brown Potato

Thursday, May 12
Popcorn Chicken w/dinner roll
Mashed Potatoes
Boar’s Ham & Cheese Sandwich
Chef Salad or Bagel or Yogurt Plate
Seasoned Green Beans

Friday, May 13
Cheese Pizza
Boar’s Ham & Cheese Sandwich
Chef Salad or Bagel or Yogurt Plate
Mixed Green Salad w/Tomatoes, cucumbers,
chick peas

Monday, May 16
Hot Dog on bun
Boar’s Head Turkey & Cheese Sandwich
Chef Salad or Bagel & Yogurt Plate
Tater Tots
Baked Beans

Tuesday, May 17
Pancakes w/syrup
Boar’s Ham & Cheese Sandwich
Chef Salad or Bagel or Yogurt Plate
Turkey Sausage Patty
Hash Brown Potato

Wednesday, May 18
Mozzarella Sticks w/marinara sauce
Boar’s Head Turkey & Cheese Sandwich
Chef Salad or Bagel & Yogurt Plate
Fresh Steamed Green Beans

Thursday, May 19
Chicken Patty on bun
Boar’s Ham & Cheese Sandwich
Chef Salad or Bagel or Yogurt Plate
Sweet Potato Fries

Friday, May 20
Cheese Pizza Slice
Boar’s Head Roasted Turkey & Cheese Sandwich
Chef Salad or Bagel & Yogurt Plate
Mixed Green Salad w/Tomatoes, cucumbers,

Monday, May 23
Funnel Cake Waffle w/syrup
Turkey Sausage Patty
Boar’s Head Turkey & Cheese Sandwich
Chef Salad or Bagel & Yogurt Plate
Hash Brown Potato

Tuesday, May 24
Mandarin Orange Chicken
Boar’s Ham & Cheese Sandwich
Chef Salad or Bagel or Yogurt Plate
Seasoned Brown Rice &
Steamed Broccoli

Wednesday, May 25
Mozzarella Sticks w/marinara sauce
Boar’s Head Turkey & Cheese Sandwich
Chef Salad or Bagel & Yogurt Plate
Fresh Steamed Green Beans

Thursday, May 26
Popcorn Chicken w/dinner roll
Boar’s Ham & Cheese Sandwich
Chef Salad or Bagel or Yogurt Plate
Sweet Potato Fries

Friday, May 27
Cheese Pizza Slice
Boar’s Head Roasted Turkey & Cheese Sandwich
Chef Salad or Bagel & Yogurt Plate
Mixed Green Salad w/Tomatoes, cucumbers,
Chick peas
Berry America Strawberry Italian Ice

Monday, May 30
Memorial Day

Tuesday, May 31
Chicken Patty on bun
Boar’s Ham & Cheese Sandwich
Chef Salad or Bagel or Yogurt Plate
Oven Fries