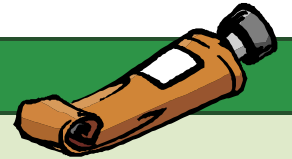


April 2009

Seymour Elementary Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



"The USDA and the State of Indiana are equal opportunity providers and employers."

* Check the menu board

1
BREAKFAST BAGEL
Chicken Patty Sandwich
Broccoli & Cheese
Fruit Choice
Cookie
Milk Choice

2
BREADSTICK & CHEESE
Texas Straw Hat
Lettuce & Cheese
Refried Beans
Corn Cinnamon Roll
Fruit Choice
Milk Choice

3
EGG & BISCUIT
Hot Dog on Bun
Baked Beans
Fruit Choice
Milk Choice

6
POP TART
Popcorn Chicken
Macaroni & Cheese
Peas
Fruit Choice
Milk Choice

7
PANCAKE & SYRUP
Spaghetti & Meat Sauce
Fresh Green Salad
Breadstick
Fruit Choice
Milk Choice

8
BREAKFAST PIZZA
Hamburger on a Bun
Potato Wedges
Fruit Choice
Milk Choice

9
PRETZEL & CHEESE
Nacho Naturals
Veggie Sticks & Dip
Fruit Choice
Cookie
Milk Choice

10

No School

13
JUMBO CAKE DONUT
Pizza
Green Beans
Fruit Choice
Milk Choice

14
FRENCH TOAST & SYRUP
Cheeseburger
Oven Fries
Fruit Choice
Animal Crackers
Milk Choice

15
BREAKFAST BAGEL
Chicken Nuggets
Mashed Potatoes
Biscuit
Fruit Choice
Milk Choice

16
EGG CHOICE
Soft Taco
Corn
Mexican Rice
Fruit Choice
Milk Choice

17
SAUSAGE BISCUIT
Manager Choice
Veggie Choice
Fruit Choice
Milk Choice

20
CINNI MINNI ROLLS
Pizza Dipper & Sauce or
Baked Mozz Sticks *
Veggie Choice
Fruit Choice
Milk Choice

21
FRENCH TOAST & SYRUP
Chicken Strips & Dip
Breadstick
Oven Fries
Fruit Choice
Milk Choice

22
BREAKFAST PIZZA
Corn Pups
Steamed Veggies
Frito Snack Pack
Fruit Choice
Milk Choice

23
FLAPSTICK
Oriental Chicken
Rice
Broccoli
Fruit Choice
Fortune Cookie
Milk Choice

24
SCRAMBLED EGG
Fish Shapes
Potato Choice
Breadstick or Snack Mix *
Fruit Choice
Milk Choice

27
FUNNEL CAKE
Pizza Special
Green Salad
Fruit Choice
Milk Choice

28
MANAGER CHOICE
Breakfast for Lunch
Hash Browns
Fruit Choice
Milk Choice

29
BREAKFAST BAGEL
Chicken Patty Sandwich
Broccoli & Cheese
Fruit Choice
Cookie
Milk Choice

30
BREADSTICK & CHEESE
Texas Straw Hat
Lettuce & Cheese
Refried Beans
Corn Cinnamon Roll
Fruit Choice
Milk Choice

Applications for free and reduced meals are available at any time. An approved application is valid for the year. Call the food service office with questions at 523-8156

Nutrition News

Did you know?

- We offer healthier choice snacks everyday
- All snacks offered are small size
- We serve trans fat free snacks
- Schools offer a different entrée choice each day
- Calories from drinks account for a large % of daily intake
- A 20 oz Mountain Dew has 275 calories from sugar and no other nutrients
- Students over 9 need 1300 mg of calcium daily
- It is very difficult to get this much without dairy foods
- All foods can be part of a healthy diet

