

**Seymour ISD**  
**001 - SEYMOUR ELEMENTARY**  
**COUGAR LUNCH MENU**

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| Aug - 23<br>FISH<br>ROLL<br>GREEN BEANS<br>APPLE HALF<br>SALAD<br>VANILLA PUDDING<br>WHITE MILK<br>CHOCOLATE MILK                         | Aug - 24<br>FAJITAS CHICKEN<br>COWBOY BEANS<br>SALAD<br>ORANGE SMILES<br>LIME APPLESAUCE<br>WHITE MILK<br>CHOCOLATE MILK    | Aug - 25<br>BBQ SAUSAGE LINK<br>BREAD, WHEAT<br>CORN<br>POTATO SALAD<br>APPLE HALF<br>SCOOBY SNACK<br>WHITE MILK<br>CHOCOLATE MILK | Aug - 26<br>SALISBURY STEAK<br>ROLL<br>GREEN BEANS<br>PEARS<br>ORANGE SMILES<br>CHOCOLATE CAKE<br>FROSTING WHITE<br>WHITE MILK<br>CHOCOLATE MILK | Aug - 27<br>CHEESEBURGER<br>POTATO SMILES<br>CARROTS<br>APPLE HALF<br>LETTUCE & TOMATO<br>CHERRY SHAPE UP<br>WHITE MILK<br>CHOCOLATE MILK |
| Aug - 30<br>CHEESE PIZZA<br>BREAD STICK<br>CORN<br>SALAD<br>PEACHES<br>RICE KRISPIE<br>WHITE MILK<br>CHOCOLATE MILK                       | Aug - 31<br>BBQ ON BUN<br>SUNCHIPS<br>BLACKEYE PEAS<br>PEARS<br>ORANGE SMILES<br>JUICE BAR<br>WHITE MILK<br>CHOCOLATE MILK  | Sep - 1<br>TACOS<br>COWBOY BEANS<br>SALAD<br>ORANGE SMILES<br>FRUIT COCKTAIL<br>APPLE COBBLER<br>WHITE MILK<br>CHOCOLATE MILK      | Sep - 2<br>BAKED POTATO<br>CHEESE CUP<br>PASTA SALAD<br>FRUIT CUP<br>TEDDY GRAHAMS<br>WHITE MILK<br>CHOCOLATE MILK                               | Sep - 3<br>TURKEY SUB<br>PRETZELS<br>CARROT STICKS<br>LETTUCE & TOMATO<br>ORANGE SMILES<br>ICE CREAM<br>WHITE MILK<br>CHOCOLATE MILK      |
| Sep - 6<br>CHICKEN NUGGETS<br>ROLL<br>MASHED POTATOES<br>GREEN BEANS<br>ORANGE SMILES<br>SALAD<br>BROWNIE<br>WHITE MILK<br>CHOCOLATE MILK | Sep - 7<br>SPAGHETTI<br>BREAD STICK<br>CARROTS<br>APPLESAUCE<br>SALAD<br>CHERRY SHAPE UP<br>WHITE MILK<br>CHOCOLATE MILK    | Sep - 8<br>SALISBURY STEAK<br>ROLL<br>MAC AND CHEESE<br>GREEN BEANS<br>ORANGE SMILES<br>PEARS<br>WHITE MILK<br>CHOCOLATE MILK      | Sep - 9<br>FISH<br>BEANS<br>RICE PILAF<br>ORANGE SMILES<br>VANILLA ICE CREAM<br>WHITE MILK<br>CHOCOLATE MILK                                     | Sep - 10<br>CHEESEBURGER<br>TATOR TOTS<br>CORN<br>LETTUCE & TOMATO<br>ORANGE SMILES<br>STRAWBERRIES<br>WHITE MILK<br>CHOCOLATE MILK       |
| Sep - 13<br>BAKED POTATO<br>CHEESE CUP<br>GREEN BEANS<br>PEACHES<br>APPLE HALF<br>COOKIE<br>WHITE MILK<br>CHOCOLATE MILK                  | Sep - 14<br>CHICKEN ON BUN<br>CARROTS<br>LETTUCE & TOMATO<br>ORANGE SMILES<br>LEMON PUDDING<br>WHITE MILK<br>CHOCOLATE MILK | Sep - 15<br>HOT DOG<br>CARROT STICKS<br>BEANS<br>FRUIT CUP<br>RICE KRISPIE<br>WHITE MILK<br>CHOCOLATE MILK                         | Sep - 16<br>TACOS<br>COWBOY BEANS<br>SALAD<br>PEARS<br>JUICE BAR<br>WHITE MILK<br>CHOCOLATE MILK   | Sep - 17<br>CHEESE PIZZA<br>BREAD STICK<br>BROCCOLI<br>PINEAPPLE<br>ORANGE SMILES<br>ICE CREAM<br>WHITE MILK<br>CHOCOLATE MILK            |
| Sep - 20<br>FISH<br>ROLL<br>GREEN BEANS<br>APPLE HALF<br>SALAD<br>VANILLA PUDDING<br>WHITE MILK<br>CHOCOLATE MILK                         | Sep - 21<br>FAJITAS CHICKEN<br>COWBOY BEANS<br>SALAD<br>ORANGE SMILES<br>LIME APPLESAUCE<br>WHITE MILK<br>CHOCOLATE MILK    | Sep - 22<br>BBQ SAUSAGE LINK<br>BREAD, WHEAT<br>CORN<br>POTATO SALAD<br>APPLE HALF<br>SCOOBY SNACK<br>WHITE MILK<br>CHOCOLATE MILK | Sep - 23<br>SALISBURY STEAK<br>ROLL<br>GREEN BEANS<br>PEARS<br>ORANGE SMILES<br>CHOCOLATE CAKE<br>FROSTING WHITE<br>WHITE MILK<br>CHOCOLATE MILK | Sep - 24<br>CHEESEBURGER<br>POTATO SMILES<br>CARROTS<br>APPLE HALF<br>LETTUCE & TOMATO<br>CHERRY SHAPE UP<br>WHITE MILK<br>CHOCOLATE MILK |

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| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| Sep - 27<br>CHEESE PIZZA<br>BREAD STICK<br>CORN<br>SALAD<br>PEACHES<br>RICE KRISPIE<br>WHITE MILK<br>CHOCOLATE MILK                       | Sep - 28<br>BBQ ON BUN<br>SUNCHIPS<br>BLACKEYE PEAS<br>PEARS<br>ORANGE SMILES<br>JUICE BAR<br>WHITE MILK<br>CHOCOLATE MILK  | Sep - 29<br>TACOS<br>COWBOY BEANS<br>SALAD<br>ORANGE SMILES<br>FRUIT COCKTAIL<br>APPLE COBBLER<br>WHITE MILK<br>CHOCOLATE MILK     | Sep - 30<br>BAKED POTATO<br>CHEESE CUP<br>PASTA SALAD<br>FRUIT CUP<br>TEDDY GRAHAMS<br>WHITE MILK<br>CHOCOLATE MILK                              | Oct - 1<br>TURKEY SUB<br>PRETZELS<br>CARROT STICKS<br>LETTUCE & TOMATO<br>ORANGE SMILES<br>ICE CREAM<br>WHITE MILK<br>CHOCOLATE MILK      |
| Oct - 4<br>CHICKEN NUGGETS<br>ROLL<br>MASHED POTATOES<br>GREEN BEANS<br>ORANGE SMILES<br>SALAD<br>BROWNIE<br>WHITE MILK<br>CHOCOLATE MILK | Oct - 5<br>SPAGHETTI<br>BREAD STICK<br>CARROTS<br>APPLESAUCE<br>SALAD<br>CHERRY SHAPE UP<br>WHITE MILK<br>CHOCOLATE MILK    | Oct - 6<br>SALISBURY STEAK<br>ROLL<br>MAC AND CHEESE<br>GREEN BEANS<br>ORANGE SMILES<br>PEARS<br>WHITE MILK<br>CHOCOLATE MILK      | Oct - 7<br>FISH<br>BEANS<br>RICE PILAF<br>ORANGE SMILES<br>VANILLA ICE CREAM<br>WHITE MILK<br>CHOCOLATE MILK                                     | Oct - 8<br>CHEESEBURGER<br>TATOR TOTS<br>CORN<br>LETTUCE & TOMATO<br>ORANGE SMILES<br>STRAWBERRIES<br>WHITE MILK<br>CHOCOLATE MILK        |
| Oct - 11<br>BAKED POTATO<br>CHEESE CUP<br>GREEN BEANS<br>PEACHES<br>APPLE HALF<br>COOKIE<br>WHITE MILK<br>CHOCOLATE MILK                  | Oct - 12<br>CHICKEN ON BUN<br>CARROTS<br>LETTUCE & TOMATO<br>ORANGE SMILES<br>LEMON PUDDING<br>WHITE MILK<br>CHOCOLATE MILK | Oct - 13<br>HOT DOG<br>CARROT STICKS<br>BEANS<br>FRUIT CUP<br>RICE KRISPIE<br>WHITE MILK<br>CHOCOLATE MILK                         | Oct - 14<br>TACOS<br>COWBOY BEANS<br>SALAD<br>PEARS<br>JUICE BAR<br>WHITE MILK<br>CHOCOLATE MILK   | Oct - 15<br>CHEESE PIZZA<br>BREAD STICK<br>BROCCOLI<br>PINEAPPLE<br>ORANGE SMILES<br>ICE CREAM<br>WHITE MILK<br>CHOCOLATE MILK            |
| Oct - 18<br>FISH<br>ROLL<br>GREEN BEANS<br>APPLE HALF<br>SALAD<br>VANILLA PUDDING<br>WHITE MILK<br>CHOCOLATE MILK                         | Oct - 19<br>FAJITAS CHICKEN<br>COWBOY BEANS<br>SALAD<br>ORANGE SMILES<br>LIME APPLESAUCE<br>WHITE MILK<br>CHOCOLATE MILK    | Oct - 20<br>BBQ SAUSAGE LINK<br>BREAD, WHEAT<br>CORN<br>POTATO SALAD<br>APPLE HALF<br>SCOOBY SNACK<br>WHITE MILK<br>CHOCOLATE MILK | Oct - 21<br>SALISBURY STEAK<br>ROLL<br>GREEN BEANS<br>PEARS<br>ORANGE SMILES<br>CHOCOLATE CAKE<br>FROSTING WHITE<br>WHITE MILK<br>CHOCOLATE MILK | Oct - 22<br>CHEESEBURGER<br>POTATO SMILES<br>CARROTS<br>APPLE HALF<br>LETTUCE & TOMATO<br>CHERRY SHAPE UP<br>WHITE MILK<br>CHOCOLATE MILK |
| Oct - 25<br>CHEESE PIZZA<br>BREAD STICK<br>CORN<br>SALAD<br>PEACHES<br>RICE KRISPIE<br>WHITE MILK<br>CHOCOLATE MILK                       | Oct - 26<br>BBQ ON BUN<br>SUNCHIPS<br>BLACKEYE PEAS<br>PEARS<br>ORANGE SMILES<br>JUICE BAR<br>WHITE MILK<br>CHOCOLATE MILK  | Oct - 27<br>TACOS<br>COWBOY BEANS<br>SALAD<br>ORANGE SMILES<br>FRUIT COCKTAIL<br>APPLE COBBLER<br>WHITE MILK<br>CHOCOLATE MILK     | Oct - 28<br>BAKED POTATO<br>CHEESE CUP<br>PASTA SALAD<br>FRUIT CUP<br>TEDDY GRAHAMS<br>WHITE MILK<br>CHOCOLATE MILK                              | Oct - 29<br>TURKEY SUB<br>PRETZELS<br>CARROT STICKS<br>LETTUCE & TOMATO<br>ORANGE SMILES<br>ICE CREAM<br>WHITE MILK<br>CHOCOLATE MILK     |

MENUS ARE SUBJECT TO CHANGE

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