

Seymour ISD

MIDDLE SCHOOL AND HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 1 CHICKEN TENDERS ROLL TACOS SPANISH RICE SALAD PEACHES ORANGES APPLE CHERRY COBBLER WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 2 BBQ ON BUN CORN DOG PRETZELS BROCCOLI,raw PEARS ORANGES APPLE SALAD RICE KRISPIE WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 3 CHICKEN ON BUN FISH POTATO SMILES CARROT STICKS SALAD APPLE ORANGES YELLOW CAKE STRAWBERRIES WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 4 FAJITAS CHICKEN BAKED POTATO CORN SALAD ORANGES APPLE GRAPES LIME APPLESAUCE CHERRIES, DRIED CHEESE CUP WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 5 TURKEY SUB CHEESEBURGER TATOR TOTS CARROT STICKS SALAD PINEAPPLE ORANGES APPLE TEDDY GRAHAMS WHITE MILK CHOCOLATE MILK STRAWBERRY MILK
Mar - 8 BURRITO TORTILLA CHIPS HAM CHEF SALAD SALAD CARROTS APPLE ORANGES PINEAPPLE CHOCOLATE PUDDI WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 9 CHICKEN NUGGETS ROLL MASHED POTATOES TUNA SANDWICH PRETZELS SPINACH SALAD PEACHES APPLE ORANGES CHOCOLATE ICE CR WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 10 PORK RIB ON BUN BBQ SAUCE TURKEY ROLL UP POTATO SMILES GREEN BEANS ORANGES APPLE SALAD APPLESAUCE APPLE CRISP WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 11 SALISBURY STEAK ROLL CHICKEN QUESADIL TORTILLA CHIPS BEANS, VEGETERIA FRUIT COCKTAIL ORANGES APPLE SALAD BROWNIE WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 12 STEAK FINGERS ROLL POTATO WEDGES PEPPERONI PIZZA COWBOY BEANS PEARS APPLE ORANGES SALAD CHERRY SHAPE UP WHITE MILK CHOCOLATE MILK STRAWBERRY MILK
Mar - 15 Mar - 22 NACHOS CHEF SALAD GREEN BEANS SALAD APPLE ORANGES PEACHES CHOCOLATE PUDDI WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 16 Mar - 23 CHICKEN NUGGETS SALISBURY STEAK MASHED POTATOES ROLL GREEN GARDEN PE SALAD FRUIT COCKTAIL APPLE ORANGES BROWNIE WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 17 Mar - 24 HOT DOG POTATO SMILES MEATLOAF BREAD,SLICED MASHED POTATOES SALAD PEARS APPLE ORANGES CHERRY FROZEN BA WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 18 Mar - 25 CHICKEN QUESADIL TORTILLA CHIPS ITALIANO BAKE BREAD STICK SALAD CARROT STICKS APPLE ORANGES PINEAPPLE YELLOW CAKE FROSTING WHITE WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 19 Mar - 26 STEAK FINGERS ROLL POTATO WEDGES PEPPERONI PIZZA SALAD CORN ON COB APPLE ORANGES STRAWBERRIES WHITE MILK CHOCOLATE MILK STRAWBERRY MILK
Mar - 29 CHICKEN TENDERS ROLL TACOS SPANISH RICE SALAD PEACHES ORANGES APPLE CHERRY COBBLER WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 30 BBQ ON BUN CORN DOG PRETZELS BROCCOLI,raw PEARS ORANGES APPLE SALAD RICE KRISPIE WHITE MILK CHOCOLATE MILK STRAWBERRY MILK	Mar - 31 CHICKEN ON BUN FISH POTATO SMILES CARROT STICKS SALAD APPLE ORANGES YELLOW CAKE STRAWBERRIES WHITE MILK CHOCOLATE MILK STRAWBERRY MILK		

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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