

# Menus for MAY 2013

## SOUTHAMPTON HIGH SCHOOL

Friday, May 3

Buffalo Stix

Pears  
Fresh Fruit

Romaine Salad  
with Tomatoes

Choice of Cold  
Milk



Students may purchase meals by the day, week, month or year.

Menus are subject to change without notice.

Items with \* are VSBA approved recipes.

Parents are reminded to please send breakfast and lunch money with students. **Accounts with negative balances need to be paid.**

Wednesday, May 1

CornDog

Fresh Fruit  
Mandarin Oranges

Baked Beans  
Potato Rounds

Choice of Cold  
Milk

Thursday, May 2

Chicken Sandwich

Fresh Fruit  
Peaches

Mashed Potatoes  
Green Beans

Choice of Cold  
Milk



## IN AND OUT.

This year, we've made a lot of changes to make our meals even healthier for you -- offering more of the healthiest fruits and veggies, cutting sodium, adding even more whole grains, among other changes. But remember, the calories that go OUT are just as important as the ones you put IN: so make sure you exercise EVERY DAY!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

Monday, May 6

Hotdog/Bun

Fresh Fruit  
Peaches

Baked Beans  
Sweet Potato  
Fries

Choice of Cold  
Milk

Tuesday, May 7

Cheeseburger/  
Bun

Mixed Fruit  
Fresh Fruit

Vegetable Medley  
French Fries

Choice of Cold  
Milk

Wednesday, May 8

Spaghetti/Meat  
Sauce with Roll

Pineapple  
Fresh Fruit

Romaine Salad  
with Tomatoes

Choice of Cold  
Milk

Thursday, May 9

BBQ/Swirl Roll

Pears  
Fresh Fruit

Coleslaw  
Green Beans

Choice of Cold  
Milk

## MAY BIRTHDAYS

Adele (25) -- May 5

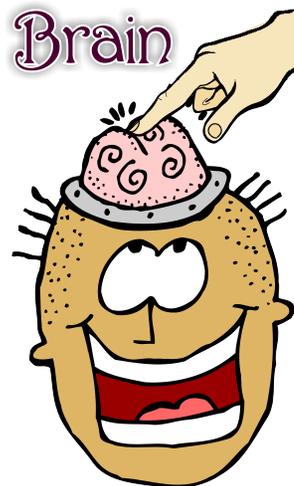
L. Frank Baum -- May 15

Nikki Reed (25) -- May 17

Mary Cassatt -- May 22

Carmelo Anthony (29) -- May 29

John F. Kennedy -- May 29



## Brain Ticklers

What do cats have that no other animal has?

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

kltsuaj

Friday, May 10

Stuffed Crust  
Cheese Pizza

Fresh Fruit  
Applesauce

Corn  
Fresh Carrots

Choice of Cold  
Milk



**BREAKFAST MENUS**

Cereal/graham crackers are a daily entrée choice.

Other choices include:

Monday—Breakfast Pizza OR Yogurt/Graham Crackers

Tuesday—Pancake/Sausage Wrap OR Super Donut

Wednesday—Mini-Pancakes OR Cinnamon Bun

Thursday—Sausage Biscuit OR Frudel

Friday—Pop Tarts OR French Toast Sticks

Fruit or juice served daily.

Choice of Cold Milk daily.

**Monday, May 13**  
 Bologna/Cheese Sandwich  
 Fresh Fruit  
 Mandarin Oranges  
 \*Chuckwagon Beans  
 French Fries  
 Choice of Cold Milk

**Tuesday, May 14**  
 Chicken Salad with Roll  
 Peaches  
 Fresh Fruit  
 Tossed Salad With Baby Carrots  
 Choice of Cold Milk

**Wednesday, May 15**  
 Fish Sticks with Roll  
 Applesauce  
 Fresh Fruit  
 \*Glazed Sweet Potatoes  
 Mixed Greens  
 Choice of Cold Milk

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Yogurt, cheese stick & crackers with access to fruits/veggies on the line daily.

Chicken Salad Tuesdays.  
 Tuna Salad Wednesdays.

Pizza Daily.

Nachos Daily.

Salad Bar Daily.

**Word of the Month**  
**gen·u·ine**  
*adj.* 1. real; authentic 2. sincerely and honestly felt or experienced <a deep and *genuine* love> 3. free from hypocrisy or pretense; sincere

**Thursday, May 16**  
 Chicken Sandwich  
 Fresh Fruit  
 Pears  
 Mashed Potatoes  
 Green Beans  
 Choice of Cold Milk

**Friday, May 17**  
 Pepperoni Pizza  
 Apple Slices  
 Fresh Fruit  
 Romaine Salad with Tomatoes  
 Choice of Cold Milk

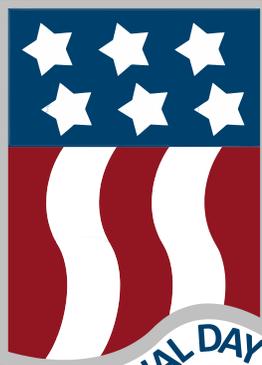
**Monday, May 20**  
 Hotdog/Bun  
 Pineapple  
 Fresh Fruit  
 BBQ Baked Beans  
 Sweet Potato Fries  
 Choice of Cold Milk

**Tuesday, May 21**  
 Cheeseburger/Bun  
 Mixed Fruit  
 Fresh Fruit  
 Vegetable Medley  
 French Fries  
 Choice of Cold Milk

**Wednesday, May 22**  
 Spaghetti/Meat Sauce with Roll  
 Fresh Fruit  
 Pineapple  
 Romaine Salad with Tomatoes  
 Choice of Cold Milk

**Thursday, May 23**  
 BBQ/Swirl Roll  
 Pears  
 Fresh Fruit  
 Coleslaw  
 Green Beans  
 Choice of Cold Milk

**Friday, May 24**  
 Chicken Quesadilla  
 Fresh Fruit  
 Applesauce  
 Corn  
 Fresh Carrots  
 Choice of Cold Milk

**Monday, May 27**  
  
**MEMORIAL DAY**  
**NO SCHOOL TODAY**

**Tuesday, May 28**  
 \*Turkey Tacos with Lettuce/Tomato/Cheese  
 Brown Rice  
 Fresh Fruit  
 Peaches  
 Refried Beans  
 Corn  
 Choice of Cold Milk

**Wednesday, May 29**  
 Bologna/Cheese Sandwich  
 Mandarin Oranges  
 Fresh Fruit  
 \*Chuckwagon Beans  
 Sliced Carrots  
 Choice of Cold Milk

**Thursday, May 30**  
 Chicken Sandwich  
 Fresh Fruit  
 Pears  
 Broccoli  
 French Fries  
 Choice of Cold Milk

**Friday, May 31**  
 Fish Sticks with Roll  
 Fresh Fruit  
 Pears  
 Candied Yams  
 Green Beans  
 Choice of Cold Milk