

MENUS

April
2013



SOUTHAMPTON COUNTY

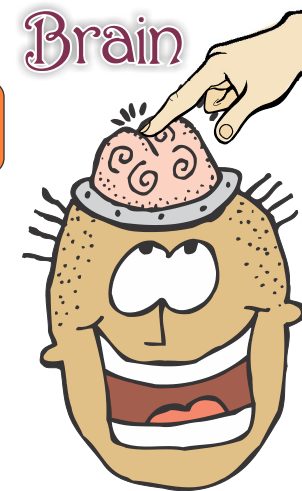
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We are pleased to provide
FREE AND REDUCED-PRICE MEALS
for all students who qualify. It's simple to apply and we accept applications all year.



APRIL BIRTHDAYS

Maya Angelou (85) -- April 3
Kristen Stewart (23) -- April 9
Thomas Jefferson -- April 13
Maria Sharapova (26) -- April 19
William Shakespeare -- April 23
Kelly Clarkson (31) -- April 24



Ticklers

What word is spelled incorrectly in every dictionary?

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

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

Menus are subject to change due to product availability.

Please remember your breakfast and lunch money!!

SPRING BREAK!

Break begins at the end of classes:
Friday, March 29

Classes resume:
Monday, April 8

Monday, April 8

Hotdog /Bun

Peaches

Baked Beans
Sweet Potato
Bites

Choice of Cold
Milk

Tuesday, April 9

Cheese Pizza

Fresh Fruit

Corn
Carrots

Choice of Cold
Milk

Wednesday, April 10

Spaghetti with
Meat Sauce and
Roll

Fresh Fruit

Romaine Salad
with Tomatoes

Choice of Cold
Milk

Thursday, April 11

BBQ/ Swirl Roll

Fresh Fruit

Coleslaw
Green Beans

Choice of Cold
Milk

VEGETABLE

Carrots

Carrots are a great source of vitamin A, beta carotene, and fiber. And they're a great snack without ANY sodium or fat! Just go very light on the ranch dressing!

OF THE MONTH

Friday, April 12

Cheeseburger/
Bun

Juice OR
Mixed Fruit

Baby Carrots
French Fries

Choice of Cold
Milk

SAFETY JAMBOREE

SECRET SALT SOURCES.

75% of the salt we consume comes from restaurants and processed foods. And it's not always easy to tell how much salt you're getting. That's why we're committed to meeting new standards for limiting sodium until we reach a maximum of 740 mg sodium per meal on average.



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

Monday, April 15
Bologna/Cheese Sandwich
Mandarin Orange
*Chuckwagon Beans French Fries
Choice of Cold Milk

Tuesday, April 16
Baked Chicken with Roll
Mixed Fruit
*Glazed Sweet Potatoes Mixed Greens
Choice of Cold Milk

Wednesday, April 17
Macaroni & Cheese with Roll
Fresh Fruit
Green Peas Sliced Carrots
Choice of Cold Milk

Thursday, April 18
Chicken Nuggets with Roll
Fresh Fruit
Mashed Potatoes Green Beans
Choice of Cold Milk

Friday, April 19
Pepperoni Pizza
Apple Slices
Romaine Salad with Tomatoes
Choice of Cold Milk

Monday, April 22
Hotdog/ Bun
Pineapple
Baked Beans Sweet Potato Bites
Choice of Cold Milk

Tuesday, April 23
Hamburger / Bun
Fresh Fruit
Vegetable Medley French Fries
Choice of Cold Milk

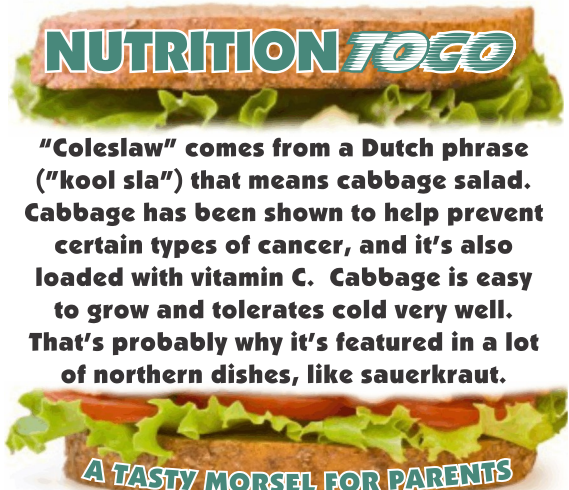
Wednesday, April 24
Spaghetti with Meat Sauce and Roll
Fresh Fruit
Romaine Salad with Tomatoes
Choice of Cold Milk

Thursday, April 25
BBQ/ Swirl Roll
Fresh Fruit
Coleslaw Green Beans
Choice of Cold Milk

Friday, April 26
Cheese Pizza
Applesauce
Corn Carrots
Choice of Cold Milk

Monday, April 29
*Turkey Tacos with Shredded Lettuce, Tomatoes & Cheese
Pears
Black Beans Corn
Choice of Cold Milk

Tuesday, April 30
Fish Sticks / Roll
Fresh Fruit
Candied Yams Mixed Greens
Choice of Cold Milk



Yogurt, cheese stick, & crackers with access to fruit and veggies on the regular line daily.

Small chef salad daily with access to fruit & veggies on the regular line.



April 2013 is Global Child Nutrition Month.
Hunger affects children around the globe *and* here in the U.S. You can help. To learn more visit www.gcnf.org



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BREAKFAST MENU:
Cereal/graham crackers are an entrée choice daily.
Other choices include:

- Monday—Breakfast Pizza OR Yogurt/Graham Crackers
- Tuesday—Pancake/Sausage Wrap OR Super Donut
- Wednesday—WG MiniPancakes OR WW Cinnamon Bun
- Thursday—Sausage Patty on WG Biscuit OR WG Frudel
- Friday—WG Pop Tarts OR French Toast Sticks

Fruit or Juice offered daily.
Choice of cold milk daily.