

MENUS

April
2013



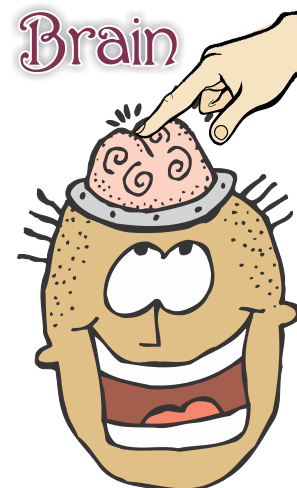
SOUTHAMPTON HIGH

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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



Brain 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

Fresh Fruit
Peaches

Baked Beans
Sweet Potato
Fries

Choice of Cold
Milk

Tuesday, April 9

Cheese Pizza

Applesauce
Fresh Fruit

Corn
Carrots

Choice of Cold
Milk

Wednesday, April 10

Spaghetti with
Meat Sauce and
Roll

Fresh Fruit
Pineapple

Romaine Salad
with Tomatoes

Choice of Cold
Milk

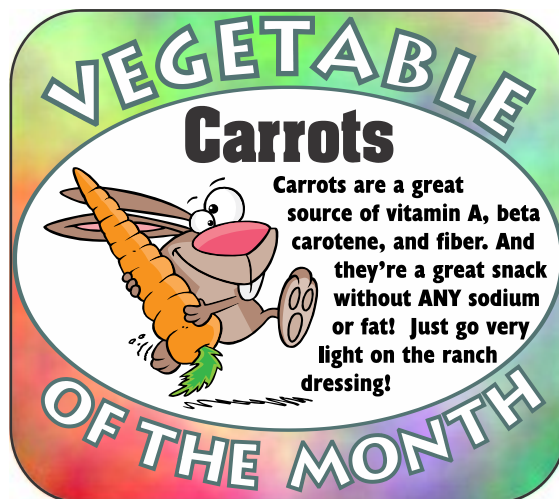
Thursday, April 11

BBQ/ Swirl Roll

Fresh Fruit
Pears

Coleslaw
Green Beans

Choice of Cold
Milk



Friday, April 12

Cheeseburger/
Bun

Fresh Fruit
Mixed Fruit

Baby Carrots
French Fries

Choice of Cold
Milk

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

 Fresh Fruit
 Mandarin Orange

 *Chuckwagon Beans
 French Fries

 Choice of Cold Milk

Tuesday, April 16
 Baked Chicken with Roll

 Fresh Fruit
 Mixed Fruit

 *Glazed Sweet Potatoes
 Mixed Greens

 Choice of Cold Milk

Wednesday, April 17
 Macaroni & Cheese with Roll

 Fresh Fruit
 Applesauce

 Green Peas
 Sliced Carrots

 Choice of Cold Milk

Thursday, April 18
 Chicken Sandwich

 Fresh Fruit
 Peaches

 Mashed Potatoes
 Green Beans

 Choice of Cold Milk

Friday, April 19
 Stuffed Crust Pepperoni Pizza

 Fresh Fruit
 Apple Slices

 Romaine Salad with Tomatoes

 Choice of Cold

Monday, April 22
 Hotdog/ Bun

 Fresh Fruit
 Peaches

 Baked Beans
 Sweet Potato Fries

 Choice of Cold Milk

Tuesday, April 23
 Cheeseburger/ Bun

 Fresh Fruit
 Mixed Fruit

 Vegetable Medley
 French Fries

 Choice of Cold Milk

Wednesday, April 24
 Spaghetti with Meat Sauce and Roll

 Fresh Fruit
 Pineapple

 Romaine Salad with Tomatoes

 Choice of Cold Milk

Thursday, April 25
 BBQ/ Swirl Roll

 Fresh Fruit
 Pears

 Coleslaw
 Green Beans

 Choice of Cold Milk

Friday, April 26
 Cheese Pizza

 Fresh Fruit
 Applesauce

 Corn
 Carrots

 Choice of Cold Milk

Monday, April 29
 *Turkey Tacos with Shredded Lettuce, Tomatoes & Cheese

 Fresh Fruit
 Pears

 Black Beans
 Corn

 Choice of Cold Milk

Tuesday, April 30
 Fish Sticks / Roll

 Fresh Fruit
 Mixed Fruit

 Candied Yams
 Mixed Greens

 Choice of Cold Milk



NUTRITION TO GO

"Coleslaw" comes from a Dutch phrase ("kool sla") that means cabbage salad. Cabbage has been shown to help prevent certain types of cancer, and it's also loaded with vitamin C. Cabbage is easy to grow and tolerates cold very well. That's probably why it's featured in a lot of northern dishes, like sauerkraut.

A TASTY MORSEL FOR PARENTS

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

Chicken Salad Tuesdays.
 Tuna Salad Wednesdays.

Pizza Daily.

Nachos Daily.

Salad Bar Daily.



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.