

# Menus for December 2012

## SOUTHAMPTON COUNTY

Students may pay for meals by the day, week, or month option.



## DECEMBER BIRTHDAYS



Jake T. Austin (18) -- Dec. 3

Walt Disney -- Dec. 5

Nicki Minaj (30) -- Dec. 8

Eli Whitney -- Dec. 8

Denzel Washington (58) -- Dec. 28

Gabby Douglas (17) -- Dec. 31



# DON'T 4GET!

Take at least **ONE**

# FRUIT or VEGGIE

and at least **THREE**  
items total so your meal  
counts as a complete lunch!

### Monday, December 3

Hotdog/WG Bun

Peaches

Baked Beans  
Sweet Potato  
Bites

Choice of Cold  
Milk

### Tuesday, December 4

Cheeseburger/WG  
Bun

Fresh Pear

French Fries  
Broccoli

Choice of Cold  
Milk

### Wed., December 5

WG Spaghetti/  
Meat Sauce

Mandarin Oranges

Corn  
Baby Carrots

Choice of Cold  
Milk

### Thurs., December 6

BBQ/WG Swirl  
Roll

Fresh Apple

Coleslaw  
Chilled Beets

Choice of Cold  
Milk

### Friday, December 7

WG Cheese Pizza

Pineapple

Sliced Carrots  
Green Peas

Choice of Cold  
Milk

### BREAKFAST MENU

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 WW Cinnamon  
Bun

Thursday—Sausage Patty on WG Biscuit OR  
WG Frudel

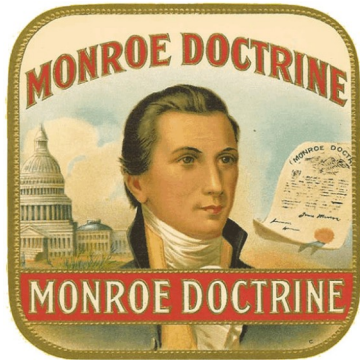
Friday—WG Pop Tart OR French Toast Sticks

Fruit/Juice served daily.  
Choice of Cold Milk served daily.

## Word of the Month be·nev·o·lent

*adj.* 1. charitable; kind  
2. showing love to others  
and a desire to promote their  
happiness and well-being

## ★ OUR NATION'S HISTORY ★



**THE MONROE DOCTRINE**

The Monroe Doctrine was authored by U.S. Secretary of State (and later President) John Quincy Adams and issued by President James Monroe on December 2, 1823. The Doctrine stated that the United States would not tolerate attempts by European colonial powers to interfere in the affairs of nations in the Americas. Future Presidents Theodore Roosevelt, John Kennedy, and Ronald Reagan would all invoke the Doctrine.

## ★ WITH LIBERTY & JUSTICE FOR ALL ★



Typically, only about 30% of the calories in ham come from fat, making it a fairly low-fat meat choice, although ham does tend to be high in sodium. Ham and other pork products are a leading food source of the B vitamin thiamin (along with nuts, beans, and fish), and ham also supplies iron, zinc, and high-quality protein.

**A TASTY MORSEL FOR PARENTS**

**Mon., December 10**

CornDog

Pears

Navy Beans  
Mixed Vegetables

Choice of Cold  
Milk



**Thursday, Dec. 13**

**Tues., December 11**

Fish Sticks/WG  
Roll

Mixed Fruit

Stewed Tomatoes  
Fresh Carrots

Choice of Cold  
Milk

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**Wed., December 12**

Chicken Nuggets  
w/Brown Rice

Fresh Banana

Green Beans  
Corn

Choice of Cold  
Milk

**Thurs., December 13**

Turkey/Dressing/  
Gravy with WG  
Roll

Apple Slices

Mixed Greens  
Yams

Choice of Cold  
Milk

**Friday, December 14**

Ham/Cheese/WG  
Bun

Fresh Orange

Lima Beans  
Mashed Potatoes

Choice of Cold Milk

**Mon., December 17**

Hotdog/WG Bun

Peaches

Baked Beans  
Sweet Potato  
Bites

Choice of Cold  
Milk

**Tues., December 18**

WG Pepperoni  
Pizza

Pineapple

Sliced Carrots  
Green Peas

Choice of Cold  
Milk



Lunch Choices: 1)**Chef Salad** Daily with access to fruit/veggies on regular line  
2)**Yogurt/Cheese stick/Crackers kit** with access to fruit/veggies on line Mon&Fri  
3) **Snack Attack Meal** on Tues, Wed, & Thurs with Yogurt, Cheese Stick, Crackers, Fruit, and Veggies pre-packed.

