

Menus for February 2013

**Southampton
HIGH SCHOOL**



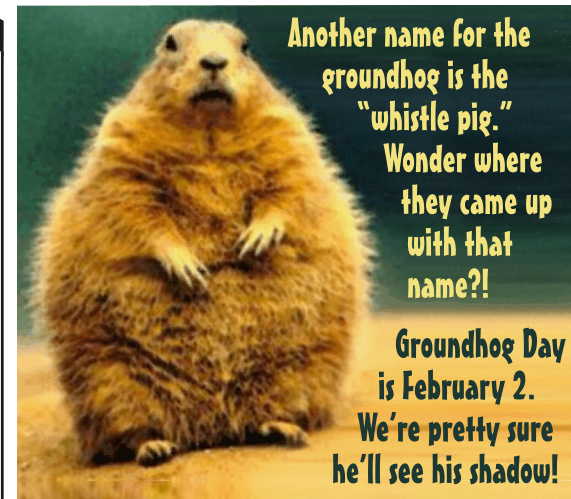
Friday, February 1

WG Pepperoni
Pizza

Pineapple
Fresh Fruit

Green Peas
Baby Carrots

Choice of Milk



Monday, February 4

Hotdog/WG Bun

Pears
Peaches

Baked Beans
Sweet Potato
Fries

Choice of Milk

Tuesday, February 5

Cheeseburger/WG
Bun

Fresh Fruit
Sliced Apples

Broccoli
French Fries

Choice of Milk

Wed., February 6

WG Spaghetti with
Meat Sauce/WG
Roll

Fresh Fruit
Pineapple

Tossed Salad
Tomato Wedges

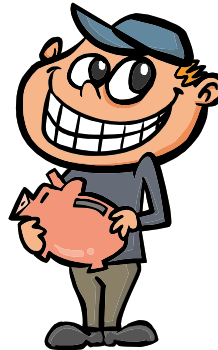
Choice of Milk

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

Menus are subject to
change without notice
due to product availabil-
ity.

Parents: If you are inter-
ested in substituting in
the cafeterias, please call
Food Services at
653-2692.

**Please don't forget
to remember ...**



**... to bring your
lunch money!**

Thursday, February 7

BBQ/WG Swirl
Bun

Fresh Fruit
Mixed Fruit

Coleslaw
Green Beans

Choice of Milk

Friday, February 8

WG Cheese Pizza

Fresh Fruit
Applesauce

Corn
Sliced Carrots

Choice of Milk

Monday, February 11

Chicken Sandwich

Sliced Apples
Pears

BBQ Baked Beans
Potato Wedges

Choice of Milk

Tuesday, February 12

Fish Sticks w/WG
Roll

Fresh Fruit
Peaches

Greens
Yams

Choice of Milk

Wed., February 13

Lasagna w/ WG
Roll

Fresh Fruit
Mixed Fruit

Tossed Salad
Tomato Wedges

Choice of Milk

Thurs., February 14

Bologna/Cheese/
WG Bun

Fresh Fruit
Pineapple

Lima Beans
Mashed Potatoes

Choice of Milk

Friday, February 15

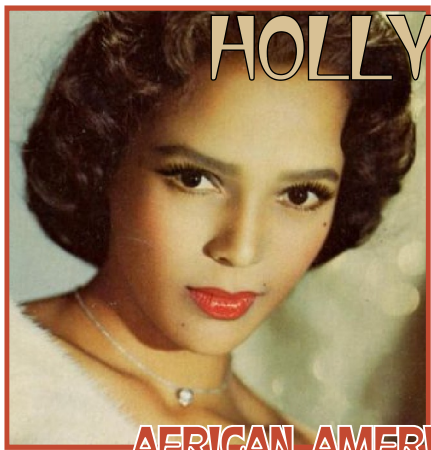
WG Pepperoni
Pizza

Fresh Fruit
Applesauce

Green Peas
Baby Carrots

Choice of Milk





HOLLYWOOD HERO

The awards for the best movies and film performances (the "Oscars") are being held this year on February 24. The first Oscars were given out in 1929, but it wasn't until 1954 that an African-American (Dorothy Dandridge, pictured here) was nominated for a best acting award. She didn't win the Oscar, but she set the stage for future African-American winners Sidney Poitier, Denzel Washington, Halle Berry, Jamie Foxx, and Forest Whitaker.

AFRICAN-AMERICAN HISTORY MONTH

Learn more at blackpast.org or do a search for Dorothy Dandridge

Monday, February 18

Hotdog/WG Bun

Peaches
Pears

Baked Beans
Sweet Potato
Fries

Choice of Milk

Tuesday, February 19

Cheeseburger/WG
Bun

Sliced Apples
Fresh Fruit

Broccoli
French Fries

Choice of 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—WG Mini-Pancakes OR WW Cinnamon Bun

Thursday—Sausage Patty on WG Biscuit OR WG Frudel

Friday—WG Pop Tart OR French Toast Sticks

Fruit or Juice is offered daily.
Choice of Milk daily.

Wed., February 20

WG Spaghetti with
Meat Sauce/WG
Roll

Fresh Fruit
Pineapple

Tossed Salad
Tomato Wedges

Choice of Milk

Thurs., February 21

BBQ/WG Swirl
Bun

Fresh Fruit
Mixed Fruit

Coleslaw
Green Beans

Choice of Milk

Friday, February 22

WG Cheese Pizza

Fresh Fruit
Applesauce

Corn
Sliced Carrots

Choice of Milk

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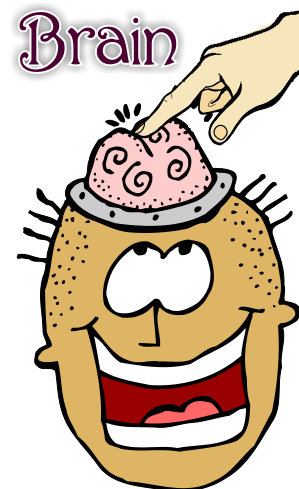
Monday, February 25

Chicken Sandwich

Sliced Apples
Pears

BBQ Baked Beans
Potato Wedges

Choice of Milk



Brain Ticklers

Which
month has
28 days?

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

Try it all day!

Menu Choices:

Salads offered daily.

Chicken Salad or Tuna Salad with access to fruit and veggies on regular line offered on Tuesday & Wednesday.

.Package of yogurt, cheese stick & crackers with access to fruit and veggies on the regular line offered Monday & Friday.

Snack Attack meal with yogurt, cheese stick, crackers, fruit, and vegetables offered Tues-Thurs.

Pizza offered daily. Nachos offered daily.

Tuesday, February 26

Fish Sticks w/WG
Roll

Fresh Fruit
Peaches

Greens
Yams

Choice of Milk



FEBRUARY BIRTHDAYS

James Joyce -- Feb. 2

Hank Aaron -- Feb. 5

Abraham Lincoln -- Feb. 12

Frederick Douglass -- Feb. 14

Susan B. Anthony -- Feb. 15

George Washington -- Feb. 22



Word of the Month

judge·ment

n. 1. the ability to assess situations and draw sound conclusions
2. good sense 3. an opinion formed after careful consideration

Wed., February 27

Lasagna w/ WG
Roll

Fresh Fruit
Mixed Fruit

Tossed Salad
Tomato Wedges

Choice of Milk

Thurs., February 28

Bologna/Cheese/
WG Bun

Fresh Fruit
Pineapple

Lima Beans
Mashed Potatoes

Choice of Milk