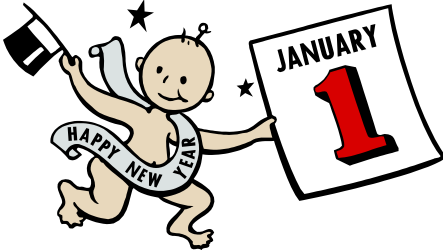
 <p>HAPPY 2013 SOUTHAMPTON HIGH SCHOOL</p>		<p><u>Wednesday, Jan. 2</u> Corndog</p> <p>Applesauce Fruit Navy Beans Stewed Tomatoes</p> <p>Choice of Cold Milk</p>	<p><u>Thursday, Jan. 3</u> Fish Sticks/WG Roll</p> <p>Peaches Fruit Kale Yams</p> <p>Choice of Cold Milk</p>	<p><u>Friday, Jan. 4</u> WG Pepperoni Pizza</p> <p>Pineapple Fruit Corn Green Beans</p> <p>Choice of Cold Milk</p>
<p><u>Monday, Jan. 7</u> Hotdog/ WG Bun</p> <p>Peaches Fruit Baked Beans Sweet Potato Fries</p> <p>Choice of Cold Milk</p>	<p><u>Tuesday, Jan. 8</u> Hamburger/WG Bun</p> <p>Fresh Pear Applesauce French Fries Broccoli</p> <p>Choice of Cold Milk</p>	<p><u>Wednesday, Jan. 9</u> WG Spaghetti w/Meat Sauce w/WG Roll</p> <p>Mandarin Oranges Fresh Banana Corn Baby Carrots</p> <p>Choice of Cold Milk</p>	<p><u>Thursday, Jan. 10</u> BBQ/ WG Swirl Roll</p> <p>Fresh Apple Pears Coleslaw Chilled Beets</p> <p>Choice of Cold Milk</p>	<p><u>Friday, Jan. 11</u> WG Cheese Pizza</p> <p>Pineapple Fresh Orange Sliced Carrots Green Peas</p> <p>Choice of Cold Milk</p>
<p><u>Monday, Jan. 14</u> Corndog</p> <p>Apple Slices Peaches Navy Beans Stewed Tomatoes</p> <p>Choice of Cold Milk</p>	<p><u>Tuesday, Jan. 15</u> Chicken Nuggets with Brown Rice/ WG Roll</p> <p>Mixed Fruit Fresh Pear Cabbage Fresh Carrots</p> <p>Choice of Cold Milk</p>	<p><u>Wednesday, Jan. 16</u> Fish Sticks/ WG Roll</p> <p>Fresh Banana Pineapple Mixed Greens Yams</p> <p>Choice of Cold Milk</p>	<p><u>Thursday, Jan. 17</u> Ham/Cheese/WG Bun</p> <p>Fresh Apple Pears Green Beans Mashed Potatoes</p> <p>Choice of Cold Milk</p>	<p><u>Friday, Jan. 18</u></p> <p>LEE/JACKSON DAY</p>
<p><u>Monday, Jan. 21</u></p> <p>MARTIN LUTHER KING DAY</p>	<p><u>Tuesday, Jan. 22</u> Cheeseburger/WG Bun</p> <p>Fresh Pear Applesauce French Fries Broccoli</p> <p>Choice of Cold Milk</p>	<p><u>Wednesday, Jan. 23</u> WG Spaghetti w/Meat Sauce w/WG Roll</p> <p>Mandarin Oranges Fresh Banana Corn Baby Carrots</p> <p>Choice of Cold Milk</p>	<p><u>Thursday, Jan. 24</u> BBQ/ WG Swirl Roll</p> <p>Fresh Apple Pears Coleslaw Chilled Beets</p> <p>Choice of Cold Milk</p>	<p><u>Friday, Jan. 25</u> WG Cheese Pizza</p> <p>Pineapple Fresh Orange Sliced Carrots Green Peas</p> <p>Choice of Cold Milk</p>

<u>Monday, Jan. 28</u>	<u>Tuesday, Jan. 29</u>	<u>Wednesday, Jan. 30</u>	<u>Thursday, Jan. 31</u>	
PROFESSIONAL DAY	PROFESSIONAL DAY	Fish Sticks/ WG Roll Pears Pineapple Mixed Greens Sweet Potato Fries Choice of Cold Milk	Ham/Cheese/WG Bun Fresh Apple Peaches Green Beans Mashed Potatoes Choice of Cold Milk	Students may purchase meals by the day, week, month or year. Food Service is still in need of substitutes for the cafeterias. If interested, please call 757-653-2692.

Breakfast Menu:

Cereal & Graham Crackers are a daily entrée choice.
Other choice 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 Frudel
 Friday – WG Pop Tarts OR French Toast Sticks

Fruit or Juice served daily.
Choice of Cold Milk

LUNCH CHOICES: 1) Chef **Salad** daily with access to fruits/veggies on regular line.
 2) **Yogurt/Cheese Stick/Crackers kit** with access to fruits/veggies on regular line Mon/Fri.
 3) **Snack Attack Meal** on Tues/Wed/Thurs with yogurt, cheese stick, crackers, fruits/veggies pre-packaged. 4) **Chicken Salad** Tu/W with fruit/veggies on line 5) **Pizza** daily 6) **Nachos** daily

Menus are subject to change without notice due to product availability.

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