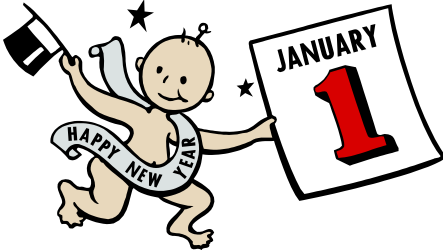
 <p>HAPPY 2013 SOUTHAMPTON MIDDLE SCHOOL</p>		<p><u>Wednesday, Jan. 2</u> Corndog</p> <p>Applesauce</p> <p>Navy Beans Stewed Tomatoes</p> <p>Choice of Cold Milk</p>	<p><u>Thursday, Jan. 3</u> Fish Sticks/WG Roll</p> <p>Peaches</p> <p>Kale Yams</p> <p>Choice of Cold Milk</p>	<p><u>Friday, Jan. 4</u> WG Pepperoni Pizza</p> <p>Pineapple</p> <p>Corn Green Beans</p> <p>Choice of Cold Milk</p>
<p><u>Monday, Jan. 7</u> Hotdog/ WG Bun</p> <p>Peaches</p> <p>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</p> <p>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</p> <p>Corn Baby Carrots</p> <p>Choice of Cold Milk</p>	<p><u>Thursday, Jan. 10</u> BBQ/ WG Swirl Roll</p> <p>Fresh Apple</p> <p>Coleslaw Chilled Beets</p> <p>Choice of Cold Milk</p>	<p><u>Friday, Jan. 11</u> WG Cheese Pizza</p> <p>Pineapple</p> <p>Sliced Carrots Green Peas</p> <p>Choice of Cold Milk</p>
<p><u>Monday, Jan. 14</u> Corndog</p> <p>Apple Slices</p> <p>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</p> <p>Cabbage Fresh Carrots</p> <p>Choice of Cold Milk</p>	<p><u>Wednesday, Jan. 16</u> Fish Sticks/ WG Roll</p> <p>Fresh Banana</p> <p>Mixed Greens Yams</p> <p>Choice of Cold Milk</p>	<p><u>Thursday, Jan. 17</u> Ham/Cheese/WG Bun</p> <p>Fresh Orange</p> <p>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> Hamburger/WG Bun</p> <p>Fresh Pear</p> <p>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</p> <p>Corn Baby Carrots</p> <p>Choice of Cold Milk</p>	<p><u>Thursday, Jan. 24</u> BBQ/ WG Swirl Roll</p> <p>Fresh Apple</p> <p>Coleslaw Chilled Beets</p> <p>Choice of Cold Milk</p>	<p><u>Friday, Jan. 25</u> WG Cheese Pizza</p> <p>Pineapple</p> <p>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 Mixed Greens Sweet Potato Fries Choice of Cold Milk	Ham/Cheese/WG Bun Fresh Orange 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** M/Th/Fr 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.

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

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