



## SOUTHAMPTON COUNTY ELEMENTARY SCHOOLS

**Monday, January 6**

Hotdog/Bun

Peaches  
Baked Beans  
Sweet Potato Bites

Choice of Cold Milk

**Tuesday, January 7**

Hamburger/Bun

Fresh Fruit  
Vegetable Medley  
French Fries

Choice of Cold Milk

# GREAT STARTS.



A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

**Wednesday, January 8**

Spaghetti/Meat  
Sauce  
Roll

Fresh Fruit  
Romaine Salad  
with tomatoes

Choice of Cold Milk

**Thursday, January 9**

BBQ/Swirl Roll

Fresh Fruit  
Coleslaw  
Green Beans

Choice of Cold Milk

## Word of the Month service

*noun* 1. help, use, benefit <happy to be of *service*> 2. contribution to the welfare of others 3. a helpful act <did her a *service*>



## JANUARY BIRTHDAYS

Zayn Malik (21) -- Jan. 12

Drew Brees (35) -- Jan. 15

Dr. Martin Luther King -- Jan. 15

Muhammed Ali (72) -- Jan. 17

Michelle Obama (50) -- Jan. 17

Virginia Woolf -- Jan. 25



**Friday, January 10**

Cheese Pizza

Fresh Grapes  
Corn  
Fresh Carrots

Choice of Cold Milk

**Monday, January 13**

Ham/Cheese/Bun

Mandarin Oranges  
\*Chuckwagon Beans  
French Fries

Choice of Cold Milk

**Tuesday, January 14**

Chicken Salad  
Roll

Fresh Fruit  
Tossed Salad  
with Carrots

Choice of Cold Milk

**Wednesday, January 15**

Fish Sticks  
Roll

Fresh Fruit  
Mixed Greens  
\*Glazed Sweet  
Potatoes

Choice of Cold Milk

**Thursday, January 16**

Salisbury Steak/  
Gravy  
Roll

Applesauce  
Mashed Potatoes  
Green Peas

Choice of Cold Milk

**Friday, January 17**

Pepperoni Pizza

Fresh Apple  
Romaine Salad  
with Tomatoes

Choice of Cold Milk

Students must choose at least one fruit or vegetable with their meal at lunch.

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

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

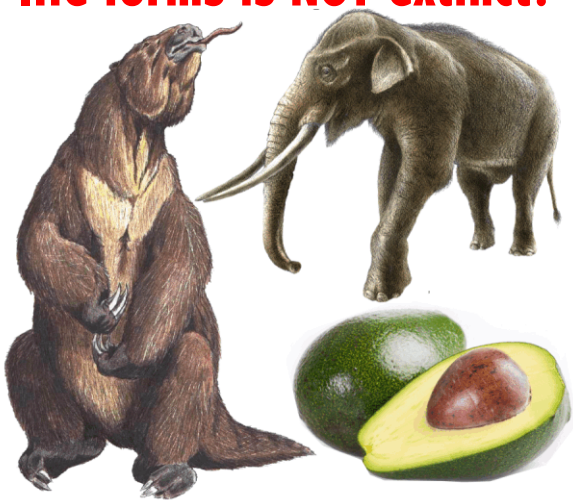
**Don't forget your breakfast and lunch money!!**

Applications for free/reduced price meals may be submitted at any time during the school year.

In accordance with Federal Law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color,



**Which of these prehistoric life forms is NOT extinct?**



STEGOMASTODON -- a six-ton elephant-like behemoth. MEGATHERIUM -- a four-ton giant ground sloth. And the AVOCADO?! The first two are extinct -- and the third probably should be. The avocado plant developed its large seed (it was even larger back then) because very big animals would eat the fruit whole in one gulp, seed and all, and help the plant spread to new areas. When most of the big mammals died off 10,000 or more years ago, the avocado should have disappeared with them -- birds and tiny mammals can't begin to swallow and disperse a seed that big! But somehow the wild avocado survived thousands of years until humans learned to cultivate the delicious fruit. And the avocado's future survival was guaranteed when man discovered the Super Bowl and started cranking out lots of guacamole every winter!!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



**THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT.**

-MARTIN LUTHER KING, JR.

**Monday, January 20**  
**MLK Day**  
**No School Today**

**Tuesday, January 21**

Hotdog/Bun

Peaches  
Baked Beans  
Sweet Potato Bites

Choice of Cold Milk

**BREAKFAST MENU:**

Daily entrée choices are sausage biscuit OR Cereal/graham crackers. Other choices include:

Monday—Breakfast Pizza  
Tuesday—Pancake/Sausage Wrap  
Wednesday—Mini Pancakes  
Thursday—Cinnamon Roll  
Friday—Pop Tarts

Fruit or Juice served daily.

Choice of Cold Milk daily.

**Wednesday, January**

Hamburger/Bun

Fresh Fruit  
Vegetable Medley  
French Fries

Choice of Cold Milk

**Thursday, January 23**

BBQ/Swirl Bun

Fresh Fruit  
Coleslaw  
Green Beans

Choice of Cold Milk

**Friday, January 24**

Cheese Pizza

Fresh Grapes  
Romaine Salad with Tomatoes

Choice of Cold Milk

**Monday, January 27**

**PROFESSIONAL DAY**

**Tuesday, January 28**

**PROFESSIONAL DAY**

**Wednesday, January**

Chicken Nuggets  
Roll

Peaches  
French Fries  
Baked Beans

Choice of Cold Milk

**Thursday, January 30**

Beef Vegetable Soup  
Toasted Cheese Sandwich

Fresh Fruit  
Fresh Carrots

Choice of Cold Milk

**Friday, January 31**

Pepperoni Pizza

Applesauce  
Romaine Salad with Tomatoes

Choice of Cold Milk

**DAILY ENTRÉE CHOICES:**

Yogurt/Cheese Stick

Small Chef Salad

(Each with the fruits and vegetables on the serving line.)

