



SOUTHAMPTON HIGH SCHOOL

Monday, January 6

Hotdog/Bun

Fresh Fruit
Pineapple
Baked Beans
Sweet Potato Cross
Trax

Choice of Cold Milk

Tuesday, January 7

Cheeseburger/Bun

Mixed Fruit
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 9

Spaghetti/Meat
Sauce
Roll

Mandarin Oranges
Fresh Fruit
Romaine Salad
with tomatoes

Choice of Cold Milk

Thursday, January 9

BBQ/Swirl Roll

Peaches
Fresh Fruit
Coleslaw
Green Beans

Choice of Cold Milk

Word of the Month ser·vice

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

Stuffed Crust
Cheese Pizza

Pears
Fresh Grapes
Corn
Fresh Carrots

Choice of Cold Milk

Monday, January 13

Ham/Cheese/Bun

Fresh Fruit
Pears
*Chuckwagon Beans
French Fries

Choice of Cold Milk

Tuesday, January 14

Chicken Salad
Roll

Sliced Apples
Fresh Fruit
Tossed Salad
with Carrots

Choice of Cold Milk

Wednesday, January 15

Fish Sticks
Roll

Peaches
Fresh Fruit
Mixed Greens
*Glazed Sweet
Potatoes

Choice of Cold Milk

Thursday, January 16

Salisbury Steak/
Gravy
Roll

Fresh Fruit
Mixed Fruit
Mashed Potatoes
Green Peas

Choice of Cold Milk

Friday, January 17

Pepperoni Pizza

Applesauce
Fresh Fruit
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.

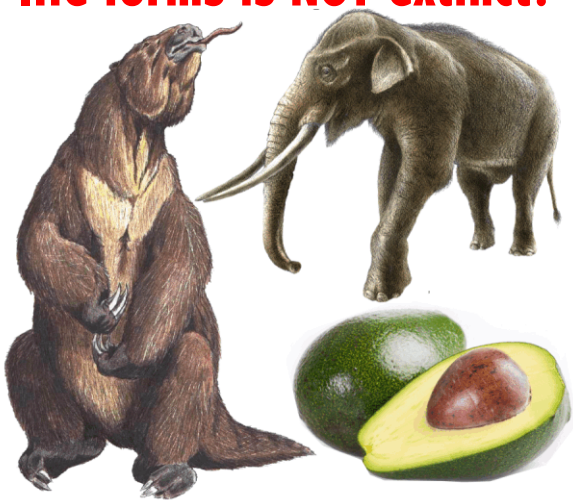
Don't forget your breakfast and lunch money!!

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 or 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

Thursday, January 23

BBQ/Swirl Bun

Peaches
Fresh Fruit
Coleslaw
Green Beans

Choice of Cold Milk

Thursday, January 30

Beef Vegetable Soup
Toasted Cheese Sandwich

Fresh Fruit
Mixed Fruit
Fresh Carrots

Choice of Cold Milk

Tuesday, January 21

Hotdog/Bun

Fresh Fruit
Pineapple
Baked Beans
Sweet Potato Cross
Trax

Choice of Cold Milk

Friday, January 24

Stuffed Crust
Cheese Pizza

Pears
Fresh Grapes
Romaine Salad
with Tomatoes

Choice of Cold Milk

Friday, January 31

Pepperoni Pizza

Fresh Fruit
Applesauce
Romaine Salad
with Tomatoes

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.

Monday, January 27

PROFESSIONAL DAY

Tuesday, January 28

PROFESSIONAL DAY

Wednesday, January

Cheeseburger/Bun

Mixed Fruit
Fresh Fruit
Vegetable Medley
French Fries

Choice of Cold Milk

Wednesday, January

Chicken Nuggets
Roll

Fresh Fruit
Sliced Apples
French Fries
Baked Beans

Choice of Cold Milk

DAILY ENTRÉE CHOICES:

Nachos
Pizza
Yogurt/Cheese Stick
Salad Bar
Tuesday—Chicken Salad
Wednesday—Tuna Salad

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

A la carte Line

