



SOUTHAMPTON MIDDLE SCHOOL

Monday, January 6

Hotdog/Bun

Peaches
Baked Beans
Sweet Potato Fries

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

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

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.

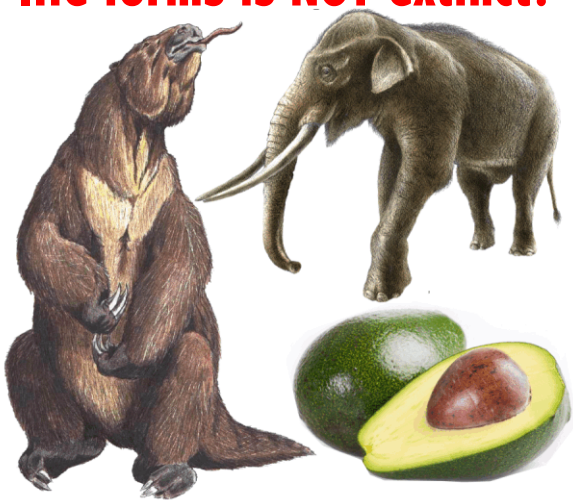
Don't forget your breakfast and lunch money!!

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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Thursday, January 23
BBQ/Swirl Bun

Fresh Fruit
Coleslaw
Green Beans

Choice of Cold Milk

Thursday, January 30
Beef Vegetable Soup
Toasted Cheese Sandwich

Fresh Fruit
Fresh Carrots

Choice of Cold Milk

Tuesday, January 21
Hotdog/Bun

Peaches
Baked Beans
Sweet Potato Cross Trax

Choice of Cold Milk

Friday, January 24
Cheese Pizza

Fresh Grapes
Romaine Salad with Tomatoes

Choice of Cold Milk

Friday, January 31
Pepperoni Pizza

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
Hamburger/Bun

Fresh Fruit
Vegetable Medley
French Fries

Choice of Cold Milk

Wednesday, January
Chicken Nuggets Roll

Peaches
French Fries
Baked Beans

Choice of Cold Milk

DAILY ENTRÉE CHOICES:

Pizza
Yogurt/Cheese Stick
Small Chef Salad

Tuesday—Chicken Salad
Wednesday—Tuna Salad

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

