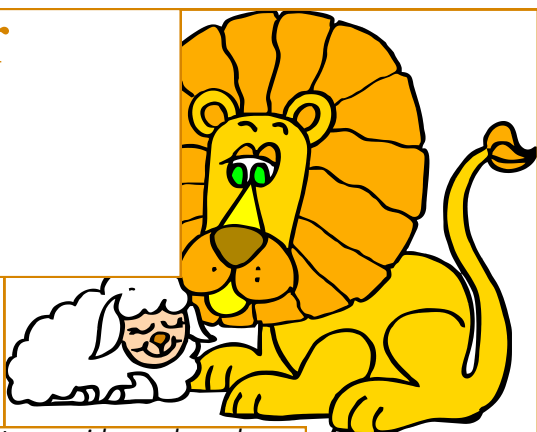


*"March comes in like a lion and goes out like a lamb!"*

# Menus for March 2015

Southampton  
High  
School



USDA is an equal opportunity provider and employer.

Monday, March 2

Hotdog/Bun  
Or  
Cheeseburger/Bun

Choose 1 or 2:  
Baked Beans  
Potato Rounds  
Carrots/Tomatoes

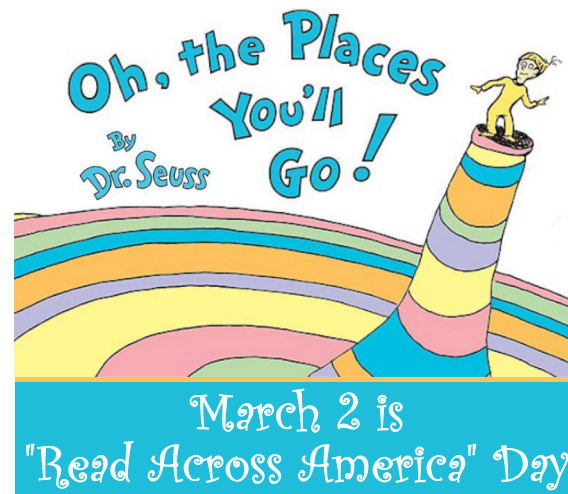
Choose 1 or 2:  
Pears  
Fresh Fruit

Tuesday, March 3

Taco/Brown Rice  
Or  
Chicken Sandwich

Choose 1 or 2:  
Black Beans  
Tossed Salad  
Carrots/Tomatoes

Choose 1 or 2:  
Fresh Grapes  
Pineapple



Wednesday, March 4

Stuffed Crust  
Cheese Pizza  
Or  
Turkey/Cheese  
Sandwich

Choose 1 or 2:  
French Fries  
Corn  
Carrots/Tomatoes

Choose 1 or 2:

Thursday, March 5

BBQ/Swirl Bun  
Or  
Fajita Wrap

Choose 1 or 2:  
Coleslaw  
Green Beans  
Carrots/Tomatoes

Choose 1 or 2:  
Fresh Orange  
Peaches

Friday, March 6

Chicken Sandwich  
Or  
Stuffed Crust  
Pepperoni Pizza

Choose 1 or 2:  
Mashed Potatoes  
Broccoli  
Carrots/Tomatoes

Choose 1 or 2:  
Sliced Apples



## MARCH BIRTHDAYS

Dr. Seuss (Ted Geisel) -- Mar. 2

Harriet Tubman -- Mar. 10

Adam Levine (36) -- March 18

JJ Watt (26) -- March 22

Danica Patrick (33) -- March 25

Aretha Franklin (73) -- March 25



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

[MyLunchMoney.com](http://MyLunchMoney.com)

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

Monday, March 9

Buffalo Sticks  
Or  
Nachos

Choose 1 or 2:  
Tossed Salad  
Carrots/Tomatoes

Choose 1 or 2:  
Fresh Fruit  
Mandarin Oranges

Tuesday, March 10

CornDog  
Or  
Cheeseburger/Bun

Choose 1 or 2:  
French Fries  
Chuckwagon Beans  
Carrots/Tomatoes

Choose 1 or 2:  
Fresh Fruit  
Pears

## START FRESH WITH FRUIT!

Every complete  
Breakfast@School  
must include  
a serving of  
fruit. That's  
putting FIRST  
THINGS FIRST!



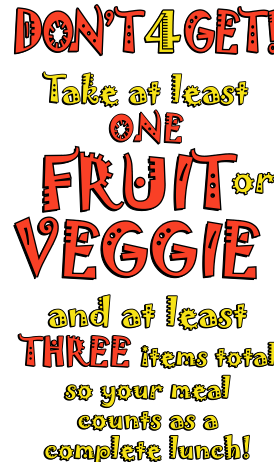
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Wednesday, March

Chicken Sandwich  
Or  
Stuffed Crust  
Cheese Pizza

Choose 1 or 2:  
Potato Rounds  
Corn  
Carrots/Tomatoes

Choose 1 or 2:  
Applesauce



Thursday, March 12

Salisbury Steak/Roll  
Or  
Turkey/Cheese/Bun

Choose 1 or 2:  
Mashed Potatoes  
Broccoli  
Carrots/Tomatoes

Choose 1 or 2:  
Mixed Fruit  
Fresh Fruit

Friday, March 13

Macaroni & Cheese  
Or  
Chicken Sandwich

Choose 1 or 2:  
Green Peas  
Carrots/Tomatoes

Choose 1 or 2:  
Fresh Fruit  
Peaches

**Breakfast Menu:**Daily choices include

Cereal/graham crackers OR sausage biscuit.

Other choices are:

Monday—Breakfast Pizza

Tuesday—Pancake/Sausage Wrap

Wednesday—Mini Pancakes

Thursday—Cinnamon Roll

Friday—Pop Tarts

(Students may select only one entrée.)

Fruit and Juice offered daily.

(Students must take at least one.)

Choice of Milk daily.

Choice of milk includes:

1% unflavored

Fat free unflavored

Fat free chocolate

Fat free strawberry

**Word  
of the  
Month**

un·flap·pa·ble

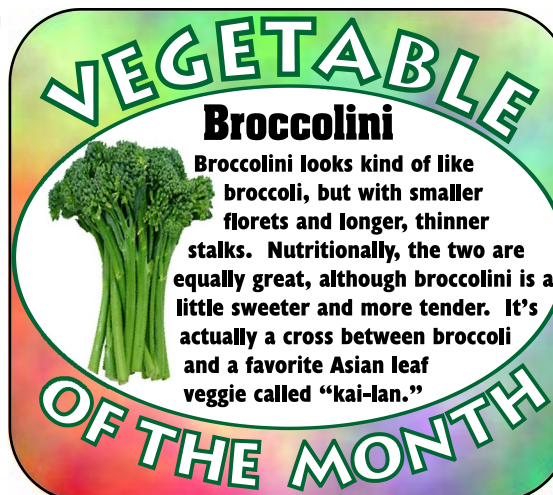
*adj.* 1. calm and even-tempered, whether facing difficulty or success 2. not easily upset or excited**Monday, March 16**Hotdog/Bun  
Or  
Cheeseburger/BunChoose 1 or 2:  
Baked Beans  
Potato Rounds  
Carrots/TomatoesChoose 1 or 2:  
Pears  
Fresh Fruit**Tuesday, March 17**Taco/Brown Rice  
Or  
Chicken SandwichChoose 1 or 2:  
Black Beans  
Tossed Salad  
Carrots/TomatoesChoose 1 or 2:  
Fresh Grapes  
Pineapple**MARCH 17**  
**Follow a Rainbow  
to a Pot o' Gold!**Daily Lunch Entrée  
Choices

Yogurt/Cheese Stick

Salad Bar

Students may select  
one of the menued  
entrées or one of the  
above.**Wednesday, March**Stuffed Crust  
Cheese Pizza  
Or  
Turkey/Cheese  
SandwichChoose 1 or 2:  
French Fries  
Corn  
Carrots/Tomatoes

Choose 1 or 2:

**Thursday, March 19**BBQ/Swirl Bun  
Or  
Fajita WrapChoose 1 or 2:  
Coleslaw  
Green Beans  
Carrots/TomatoesChoose 1 or 2:  
Fresh Orange  
Peaches**Friday, March 20**Chicken Sandwich  
Or  
Stuffed Crust  
Pepperoni PizzaChoose 1 or 2:  
Mashed Potatoes  
Broccoli  
Carrots/TomatoesChoose 1 or 2:  
Sliced Apples**Monday, March 23**Buffalo Sticks  
Or  
NachosChoose 1 or 2:  
Tossed Salad  
Carrots/TomatoesChoose 1 or 2:  
Fresh Fruit  
Mandarin Oranges**Tuesday, March 24**CornDog  
Or  
Cheeseburger/BunChoose 1 or 2:  
French Fries  
Chuckwagon Beans  
Carrots/TomatoesChoose 1 or 2:  
Fresh Fruit  
Pears**Wednesday, March**Chicken Sandwich  
Or  
Stuffed Crust  
Cheese PizzaChoose 1 or 2:  
Potato Rounds  
Corn  
Carrots/TomatoesChoose 1 or 2:  
Applesauce**Thursday, March 26**Salisbury Steak/Roll  
Or  
Turkey/Cheese/BunChoose 1 or 2:  
Mashed Potatoes  
Broccoli  
Carrots/TomatoesChoose 1 or 2:  
Mixed Fruit  
Fresh Fruit**Friday, March 27**Macaroni & Cheese  
Or  
Chicken SandwichChoose 1 or 2:  
Green Peas  
Carrots/TomatoesChoose 1 or 2:  
Fresh Fruit  
Peaches**Monday, March 30**Hotdog/Bun  
Or  
Cheeseburger/BunChoose 1 or 2:  
Baked Beans  
Potato Rounds  
Carrots/TomatoesChoose 1 or 2:  
Pears  
Fresh Fruit**Tuesday, March 31**Hamburger/Bun  
Or  
Chicken SandwichChoose 1 or 2:  
Vegetable Medley  
French Fries  
Carrots/TomatoesChoose 1 or 2:  
Fresh Fruit  
Pineapple