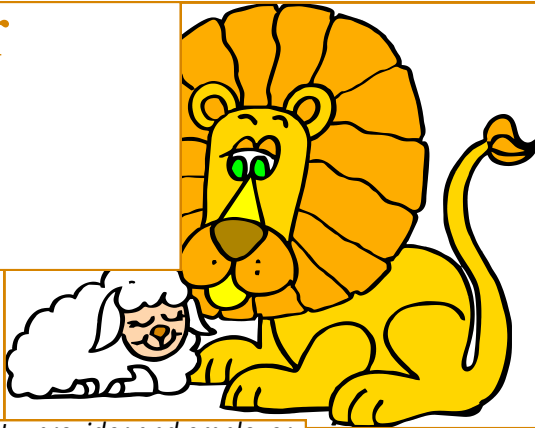


*"March comes in like a lion and goes out like a lamb!"*

# Menus for March 2015

Southampton  
Middle School



USDA is an equal opportunity provider and employer.

Monday, March 2

Hotdog/Bun  
Or  
Chicken Nuggets/  
Roll

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

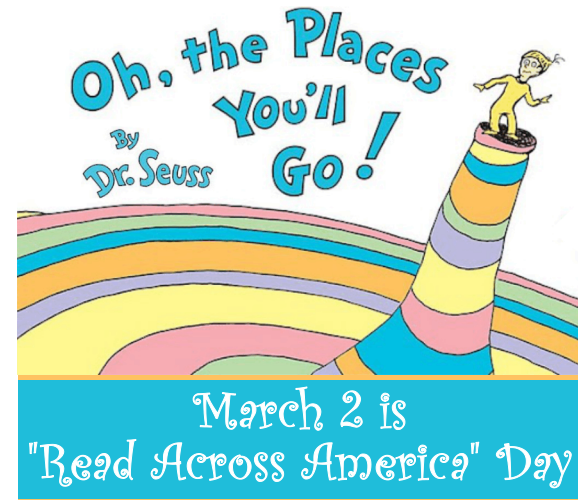
Choose 1:

Tuesday, March 3

Taco/Brown Rice  
Or  
Pizza

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

Choose 1:  
Fresh Grapes



Wednesday, March 4

Chicken Nuggets/  
Roll  
Or  
Pizza

Choose 1 or 2:  
Mashed Potatoes  
Broccoli  
Carrots/Tomatoes

Choose 1:

Thursday, March 5

BBQ/Roll  
Or  
Chicken Nuggets/  
Roll

Choose 1 or 2:  
Coleslaw  
Green Beans  
Carrots/Tomatoes

Choose 1:

Friday, March 6

Stuffed Crust  
Cheese Pizza

Choose 1 or 2:  
French Fries  
Corn  
Carrots/Tomatoes

Choose 1:



## 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**

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

Monday, March 9

Turkey/Cheese/  
Bun  
Or  
Hamburger/Bun

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

Tuesday, March 10

Chicken Nuggets/  
Roll  
Or  
Pizza

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

Choose 1:

## START FRESH WITH FRUIT!

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



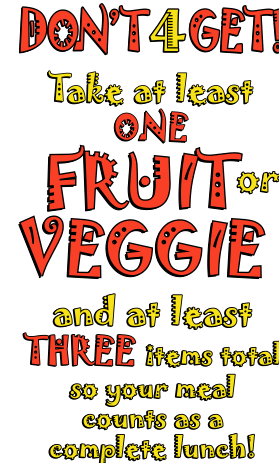
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Wednesday, March

CornDog  
Or  
Pizza

Choose 1 or 2:  
Potato Rounds  
Broccoli  
Carrots/Tomatoes

Choose 1:  
Fresh Fruit



Thursday, March 12

Salisbury Steak/  
Roll  
Or  
Hamburger/Bun

Choose 1 or 2:  
Mashed Potatoes  
Corn  
Carrots/Tomatoes

Choose 1:

Friday, March 13

Macaroni &  
Cheese OR  
Stuffed Crust  
Pepperoni Pizza

Choose 1 or 2:  
Green Peas  
Carrots/Tomatoes

Choose 1:

**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  
Chicken Nuggets/  
RollChoose 1 or 2:  
Baked Beans  
Potato Rounds  
Carrots/Tomatoes

Choose 1:

**Tuesday, March 17**Taco/Brown Rice  
Or  
PizzaChoose 1 or 2:  
Black Beans  
Tossed Salad  
Carrots/TomatoesChoose 1:  
Fresh Grapes**MARCH 17**  
**Follow a Rainbow  
to a Pot o' Gold!**Daily Lunch Entrée  
ChoicesYogurt/Cheese Stick  
Small Chef SaladStudents may select  
the menued entrée or  
one of the above.**Wednesday, March**Chicken Nuggets/  
Roll  
Or  
PizzaChoose 1 or 2:  
Mashed Potatoes  
Broccoli  
Carrots/Tomatoes

Choose 1:

**Thursday, March 19**BBQ/Roll  
Or  
Chicken Nuggets/  
RollChoose 1 or 2:  
Coleslaw  
Green Beans  
Carrots/Tomatoes

Choose 1:

**Friday, March 20**Stuffed Crust  
Cheese PizzaChoose 1 or 2:  
French Fries  
Corn  
Carrots/Tomatoes

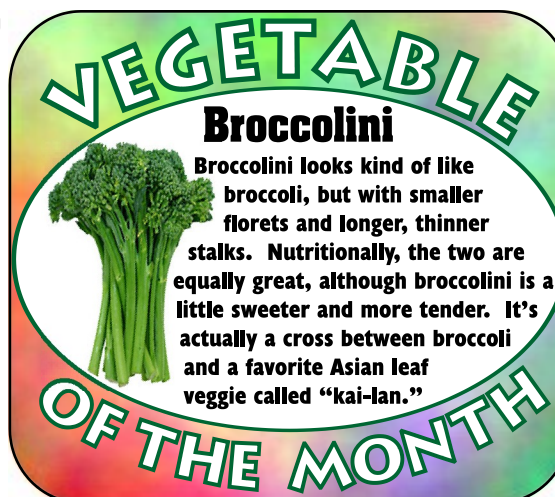
Choose 1:

**Monday, March 23**Turkey/Cheese/  
Bun  
Or  
Hamburger/BunChoose 1 or 2:  
Chuckwagon  
Beans  
Tossed Salad  
Carrots/Tomatoes**Tuesday, March 24**Chicken Nuggets/  
Roll  
Or  
PizzaChoose 1 or 2:  
French Fries  
Green Beans  
Carrots/Tomatoes

Choose 1:

**Wednesday, March**CornDog  
Or  
PizzaChoose 1 or 2:  
Potato Rounds  
Broccoli  
Carrots/TomatoesChoose 1:  
Fresh Fruit**Thursday, March 26**Salisbury Steak/  
Roll  
Or  
Hamburger/BunChoose 1 or 2:  
Mashed Potatoes  
Corn  
Carrots/Tomatoes

Choose 1:

**Friday, March 27**Macaroni &  
Cheese  
Or  
Stuffed Crust Pep.  
PizzaChoose 1 or 2:  
Green Peas  
Carrots/Tomatoes**Monday, March 30**Hotdog/Bun  
or  
Chicken Nuggets/  
RollChoose 1 or 2:  
Baked Beans  
Potato Rounds  
Carrots/Tomatoes

Choose 1:

**Tuesday, March 31**Hamburger/Bun  
Or  
PizzaChoose 1 or 2:  
Vegetable Medley  
French Fries  
Carrots/TomatoesChoose 1:  
Fresh Fruit