



SOUTHAMPTON COUNTY ELEMENTARY SCHOOLS

Friday, May 3

Pepperoni Pizza

Fresh Fruit

Romaine Salad
with Tomatoes

Choice of Cold
Milk



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

Menus are subject to
change without notice.

Items with * are VSBA ap-
proved recipes.

Parents are reminded to
please send breakfast and
lunch money with students.
**Accounts with negative
balances need to be paid.**

Wednesday, May 1

CornDog

Mandarin Oranges

Baked Beans
Potato Rounds

Choice of Cold
Milk

Thursday, May 2

Chicken Nuggets
with Roll

Fresh Fruit

Mashed Potatoes
Green Beans

Choice of Cold
Milk



IN AND OUT.

This year, we've made a lot of changes to
make our meals even healthier for you --
offering more of the healthiest fruits
and veggies, cutting sodium,
adding even more whole grains,
among other changes. But
remember, the calories that
go OUT are just as important as the ones you put
IN: so make sure you exercise EVERY DAY!

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

Monday, May 6

Hotdog/Bun

Pineapple

Baked Beans
Sweet Potato
Bites

Choice of Cold
Milk

Tuesday, May 7

Hamburger/Bun

Fresh Fruit

Vegetable Medley
French Fries

Choice of Cold
Milk

Wednesday, May 8

Spaghetti/Meat
Sauce with Roll

Fresh Fruit

Romaine Salad
with Tomatoes

Choice of Cold
Milk

Thursday, May 9

BBQ/Swirl Roll

Fresh Fruit

Coleslaw
Green Beans

Choice of Cold
Milk

 **MAY** 
BIRTHDAYS

Adele (25) -- May 5

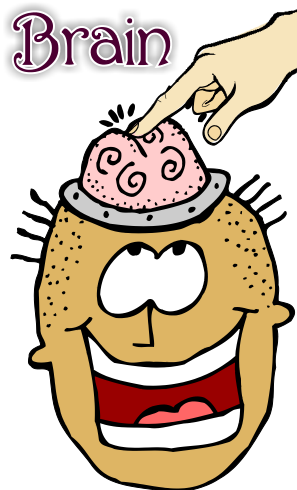
L. Frank Baum -- May 15

Nikki Reed (25) -- May 17

Mary Cassatt -- May 22

Carmelo Anthony (29) -- May 29

John F. Kennedy -- May 29



Brain Ticklers

What do cats
have that no
other animal
has?

(Hold the page upside
down and read it in a
mirror for the answer!)

klɪkʊzj

Friday, May 10

Cheese Pizza

Applesauce

Corn
Fresh Carrots

Choice of Cold
Milk



**MOTHER'S DAY
MAY 12**

BREAKFAST MENUS

Cereal/graham crackers are a daily entrée choice.
Other choices include:

Monday—Breakfast Pizza OR Yogurt/Graham Crackers
Tuesday—Pancake/Sausage Wrap OR Super Donut
Wednesday—Mini-Pancakes OR Cinnamon Bun
Thursday—Sausage Biscuit OR Frudel
Friday—Pop Tarts OR French Toast Sticks

Fruit or juice served daily.

Choice of Cold Milk daily.

Word of the Month

gen·u·ine

adj. 1. real; authentic 2. sincerely and honestly felt or experienced
<a deep and *genuine* love> 3. free from hypocrisy or pretense; sincere

Monday, May 13

Bologna/Cheese Sandwich

Mandarin Oranges

*Chuckwagon Beans
French Fries

Choice of Cold Milk

Tuesday, May 14

Chicken Salad with Roll

Fresh Fruit

Tossed Salad With Baby Carrots

Choice of Cold Milk

Wednesday, May 15

Fish Sticks with Roll

Fresh Fruit

*Glazed Sweet Potatoes
Mixed Greens

Choice of Cold Milk

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Yogurt, cheese stick & crackers with access to fruit/veggies on the line daily.

Small chef salad daily with access to fruit/veggies on the line.

Thursday, May 16

Chicken Nuggets with Roll

Fresh Fruit

Mashed Potatoes
Green Beans

Choice of Cold Milk

Friday, May 17

Pepperoni Pizza

Apple Slices

Romaine Salad with Tomatoes

Choice of Cold Milk

Monday, May 20

Hotdog/Bun

Pineapple

BBQ Baked Beans
Sweet Potato Bites

Choice of Cold Milk

Tuesday, May 21

Hamburger/Bun

Fresh Fruit

Vegetable Medley
French Fries

Choice of Cold Milk

Wednesday, May 22

Spaghetti/Meat Sauce with Roll

Fresh Fruit

Romaine Salad with Tomatoes

Choice of Cold Milk

Thursday, May 23

BBQ/Swirl Roll

Fresh Fruit

Coleslaw
Green Beans

Choice of Cold Milk

Friday, May 24

Cheese Pizza

Applesauce

Corn
Fresh Carrots

Choice of Cold Milk

Monday, May 27



Tuesday, May 28

*Turkey Tacos with Lettuce/
Tomato/Cheese

Brown Rice

Peaches

Refried Beans
Corn

Choice of Cold Milk

Wednesday, May 29

Bologna/Cheese Sandwich

Fresh Fruit

*Chuckwagon Beans
Sliced Carrots

Choice of Cold Milk

Thursday, May 30

Chicken Nuggets with Roll

Fresh Fruit

Broccoli
French Fries

Choice of Cold Milk

Friday, May 31

Fish Sticks with Roll

Pears

Candied Yams
Green Beans

Choice of Cold Milk