



SOUTHAMPTON HIGH SCHOOL

Wednesday, May 1

CornDog

Fresh Fruit
Mandarin Oranges

Baked Beans
Potato Rounds

Choice of Cold
Milk

Thursday, May 2

Chicken Sandwich

Fresh Fruit
Peaches

Mashed Potatoes
Green Beans

Choice of Cold
Milk



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

Friday, May 3

Buffalo Stix

Pears
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 approved recipes.

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

Monday, May 6

Hotdog/Bun

Fresh Fruit
Peaches

Baked Beans
Sweet Potato
Fries

Choice of Cold
Milk

Tuesday, May 7

Cheeseburger/
Bun

Mixed Fruit
Fresh Fruit

Vegetable Medley
French Fries

Choice of Cold
Milk

Wednesday, May 8

Spaghetti/Meat
Sauce with Roll

Pineapple
Fresh Fruit

Romaine Salad
with Tomatoes

Choice of Cold
Milk

Thursday, May 9

BBQ/Swirl Roll

Pears
Fresh Fruit

Coleslaw
Green Beans

Choice of Cold
Milk



Adele (25) -- May 5

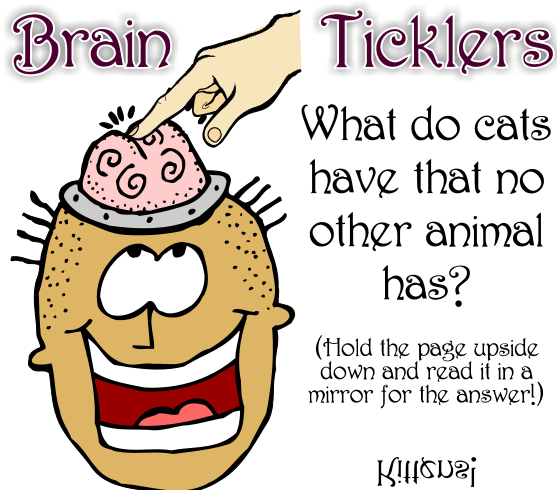
L. Frank Baum -- May 15

Nikki Reed (25) -- May 17

Mary Cassatt -- May 22

Carmelo Anthony (29) -- May 29

John F. Kennedy -- May 29



Friday, May 10

Stuffed Crust
Cheese Pizza

Fresh Fruit
Applesauce

Corn
Fresh Carrots

Choice of Cold
Milk



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

Fresh Fruit
Mandarin Oranges

*Chuckwagon Beans
French Fries

Choice of Cold Milk

Tuesday, May 14

Chicken Salad with Roll

Peaches
Fresh Fruit

Tossed Salad
With Baby Carrots

Choice of Cold Milk

Wednesday, May 15

Fish Sticks with Roll

Applesauce
Fresh Fruit

*Glazed Sweet Potatoes
Mixed Greens

Choice of Cold Milk

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

Chicken Salad Tuesdays.
Tuna Salad Wednesdays.

Pizza Daily.

Nachos Daily.

Salad Bar Daily.

Thursday, May 16

Chicken Sandwich

Fresh Fruit
Pears

Mashed Potatoes
Green Beans

Choice of Cold Milk

Friday, May 17

Pepperoni Pizza

Apple Slices
Fresh Fruit

Romaine Salad
with Tomatoes

Choice of Cold Milk

Monday, May 20

Hotdog/Bun

Pineapple
Fresh Fruit

BBQ Baked Beans
Sweet Potato Fries

Choice of Cold Milk

Tuesday, May 21

Cheeseburger/
Bun

Mixed Fruit
Fresh Fruit

Vegetable Medley
French Fries

Choice of Cold Milk

Wednesday, May 22

Spaghetti/Meat
Sauce with Roll

Fresh Fruit
Pineapple

Romaine Salad
with Tomatoes

Choice of Cold Milk

Thursday, May 23

BBQ/Swirl Roll

Pears
Fresh Fruit

Coleslaw
Green Beans

Choice of Cold Milk

Friday, May 24

Chicken
Quesadilla

Fresh Fruit
Applesauce

Corn
Fresh Carrots

Choice of Cold Milk

Monday, May 27



Tuesday, May 28

*Turkey Tacos
with Lettuce/
Tomato/Cheese
Brown Rice

Fresh Fruit
Peaches

Refried Beans
Corn

Choice of Cold Milk

Wednesday, May 29

Bologna/Cheese
Sandwich

Mandarin Oranges
Fresh Fruit

*Chuckwagon Beans
Sliced Carrots

Choice of Cold Milk

Thursday, May 30

Chicken Sandwich

Fresh Fruit
Pears

Broccoli
French Fries

Choice of Cold Milk

Friday, May 31

Fish Sticks with Roll

Fresh Fruit
Pears

Candied Yams
Green Beans

Choice of Cold Milk