



## SOUTHAMPTON MIDDLE SCHOOL

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!**

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 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

Pineapple

Baked Beans  
Sweet Potato  
Fries

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

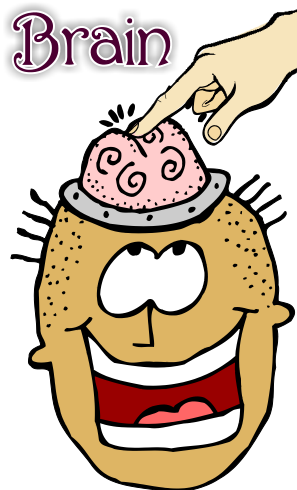
L. Frank Baum -- May 15

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



## 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

In accordance with Federal Law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Ave. S.W., Washington, D.C. 20250-9410 or call toll-free 866-632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339 or 800-845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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

Chicken Salad Tuesdays.  
Tuna Salad Wednesdays.

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

Pizza Daily.

**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 Fries

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