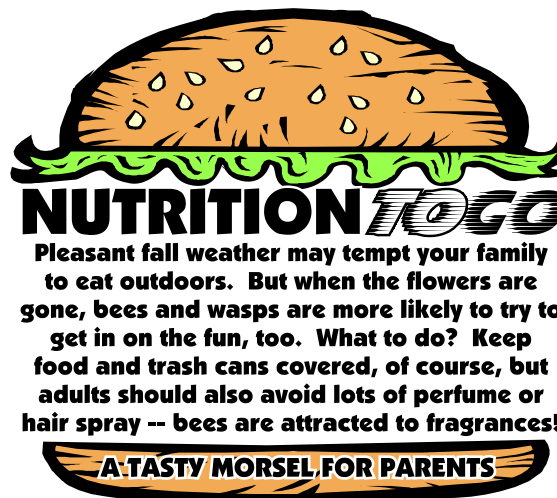


Menus for October 2012

SOUTHAMPTON COUNTY
HIGH SCHOOL



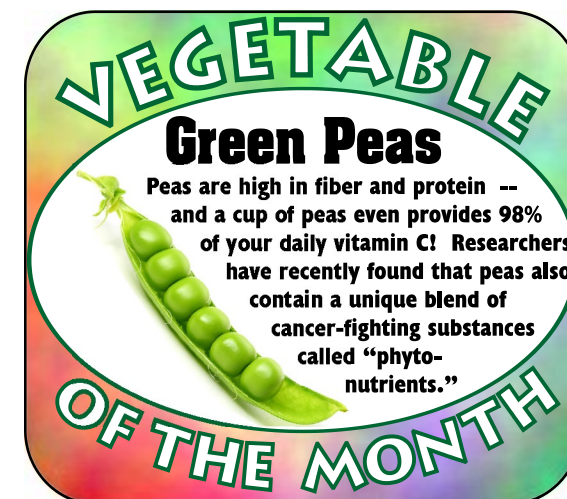
HEALTHY COLORS.

Fruits and veggies with intense, rich color are among the healthiest foods we can eat. That's why we're featuring healthy dark green and red/orange vegetables every week, as well as beans and other legumes and lots of fresh fruit!



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

Monday, October 1	Tuesday, October 2	Wed., October 3	Thursday, October 4	Friday, October 5
Fish Patty with WG Roll	Chicken Nuggets	WG Spaghetti/Meat Sauce with WG Roll	CornDog	WG Cheese Pizza
You must take at least 1. You may take all.	You must take at least 1. You may take all.	You must take at least 1. You may take all.	You must take at least 1. You may take all.	You must take at least 1. You may take all.
Fresh Pear Pineapple Navy Beans Green Peas	Fresh Orange Baked Apple Slices Sweet Potato Fries Diced Tomatoes	Mixed Fruit Fresh Banana Green Beans Sliced Carrots	Pears Fresh Apple Kale Mashed Potatoes	Mandarin Oranges Peaches Corn Beets
Choice of Cold Milk	Choice of Cold Milk ***** Snack Attack: Yogurt, Cheese Stick, WG Crackers, Orange, Peaches, Diced Tomatoes, Baby Carrots	Choice of Cold Milk ***** Snack Attack: Yogurt, Cheese Stick, WG Crackers, Mixed Fruit, Banana, Celery Sticks, Baby Carrots	Choice of Cold Milk ***** Snack Attack: Yogurt, Cheese Stick, WG Crackers, Pears, Apple, Romaine Lettuce, Cucumber Slices	Choice of Cold Milk



Monday, October 8	Tuesday, October 9	Wed., October 10	Thursday, October 11	Friday, October 12
Chicken Patty on WG Roll	Hamburger/WG Bun	WG Lasagna Roll-up With WG Roll	BBQ on WG Swirl Bun	Hotdog/WG Bun
You must take at least 1. You may take all.	You must take at least 1. You may take all.	You must take at least 1. You may take all.	You must take at least 1. You may take all.	You must take at least 1. You may take all.
Peaches Mixed Fruit Baked Beans Turnip Greens	Fresh Pear Mandarin Oranges Sweet Potato Bites Cherry Tomatoes	Pineapple Fresh Banana Broccoli Mashed Potatoes	Fresh Orange Applesauce Coleslaw Sliced Carrots	Pears Fresh Apple Green Peas Potato Rounds
Choice of Cold Milk	Choice of Cold Milk ***** Snack Attack: Yogurt, Cheese Stick, WG Crackers, Pear, Mandarin Oranges, Cherry Tomatoes, Carrot Sticks	Choice of Cold Milk ***** Snack Attack: Yogurt, Cheese Stick, WG Crackers, Pineapple, Banana, Broccoli, Cucumber Slices	Choice of Cold Milk ***** Snack Attack: Yogurt, Cheese Stick, WG Crackers, Orange, Applesauce, Carrot Sticks, Celery Sticks	Choice of Cold Milk

Breakfast Menu

Cereal/graham crackers are a daily entrée choice.

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

Fruit or Juice
Choice of Cold Milk

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

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

Monday, October 15

Taco/Brown Rice

*You must take 1. You may take all.*Pears
Fresh Apple Wedges
Black Beans
Diced Tomatoes

Choice of Cold Milk

Tuesday, October 16

Chicken Nuggets

*You must take 1. You may take all.*Fresh Orange
Peaches
Sweet Potato Fries
Beets

Choice of Cold Milk

Snack Attack: Yogurt, Cheese Stick, WG Crackers, Orange, Peaches, Beets, Baby Carrots

Wed., October 17

WG Spaghetti/Meat Sauce with WG Roll

*You must take 1. You may take all.*Applesauce
Pears
Romaine Lettuce
Tomato Wedges

Choice of Cold Milk

Snack Attack: Yogurt, Cheese Stick, WG Crackers, Pears, Applesauce, Lettuce & Tomato

Thursday, October 18

BBQ/WG Bun

*You must take 1. You may take all.*Pineapple
Fresh Banana
Coleslaw
Baby Carrots

Choice of Cold Milk

Snack Attack: Yogurt, Cheese Stick, WG Crackers, Pineapple, Banana, Slaw, Baby Carrots

Friday, October 19

WG Pizza

*You must take 1. You may take all.*Fresh Pear
Mandarin Oranges
Corn
Green Peas

Choice of Cold Milk



SCHOOL LUNCH

WHAT'S COOKING?

**KIDS! Join us in celebrating
National School Lunch Week
October 15-19, 2012**

Monday, October 22

Chicken Patty on WG Roll

*You must take 1. You may take all.*Pears
Mixed Fruit
Baked Beans
Green Peas

Choice of Cold Milk

Tuesday, October 23

WG Macaroni & Cheese w/WG Roll

*You must take 1. You may take all.*Applesauce
Peach Cup
Sweet Potato Bites
Baby Carrots

Choice of Cold Milk

Snack Attack: Yogurt, Cheese Stick, WG Crackers, Peach Cup, Applesauce, Baby Carrots, Diced Tomatoes

Wed., October 24

Corn Dog Nuggets with WG Roll

*You must take 1. You may take all.*Mandarin Oranges
Fresh Banana
Broccoli
Mixed Vegetables

Choice of Cold Milk

Snack Attack: Yogurt, Cheese Stick, WG Crackers, Banana, Mandarin Oranges, Broccoli, Celery Sticks

Thursday, October 25

Baked Chicken Brown Rice/WG Roll

*You must take 1. You may take all.*Pineapple
Fresh Apple
Steamed Cabbage
Yams

Choice of Cold Milk

Snack Attack: Yogurt, Cheese Stick, WG Crackers, Pineapple, Apple, Celery Sticks, Baby Carrots

Friday, October 26

Hotdog/WG Bun

*You must take 1. You may take all.*Mixed Fruit
Fresh Orange
French Fries
Cucumber Slices
Choice of Cold Milk

DON'T GET!

Take at least ONE

FRUIT or VEGGIE

*and at least THREE items total
so your meal counts as a complete lunch!***AVAILABLE DAILY:****Other choices may include chef salad; chicken, tuna, or ham salad; pizza; nachos.****Monday, October 29**

Fish Sticks with WG Roll

*You must take 1. You may take all.*Peaches
Apple Slices
Navy Beans
Mixed Vegetables

Choice of Cold Milk

Tuesday, October 30

Hamburger/WG Bun

*You must take 1. You may take all.*Mixed Fruit
Fresh Pear
Sweet Potato Fries
Diced Tomatoes

Choice of Cold Milk

Snack Attack: Yogurt, Cheese Stick, WG Crackers, Mixed Fruit, Pear, Carrot Sticks, Diced Tomatoes

Wed., October 31

Ham/Cheese on WG Swirl Roll

*You must take 1. You may take all.*Fresh Orange
Pineapple
Kale
Beets

Choice of Cold Milk

Snack Attack: Yogurt, Cheese Stick, WG Crackers, Pineapple, Orange, Broccoli, Cucumber Slices

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WONDERS OF THE WORLD



Machu Picchu is the ruins of the "City of the Incas" in the remote mountains of Peru. It was built beginning around 1450 as the estate of Pachacuti, the emperor of the Incas. Because Machu Picchu is 8,000 feet high in the mountains, it was spared during the Spanish conquest of South America and remained unknown to the outside world until 1911. Exactly how the great stones used to build Machu Picchu were carried up the steep mountains remains a mystery.

MACHU PICCHU ♦ PERU