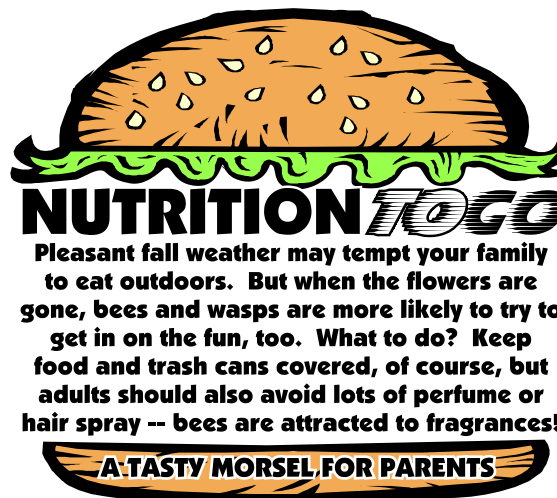


# Menus for October 2012

## SOUTHAMPTON COUNTY MIDDLE SCHOOL



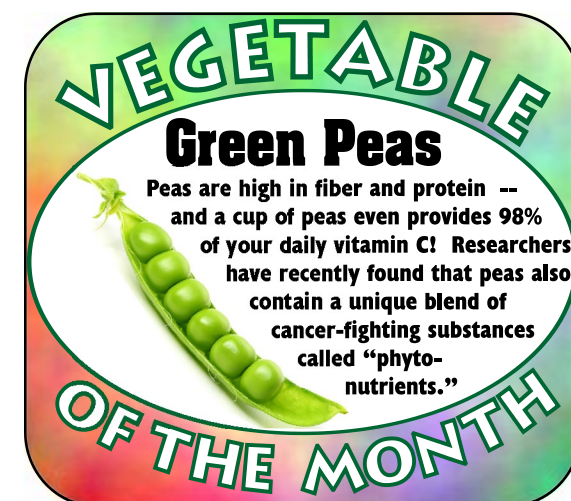
## HEALTHY COLORS.

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.
Pineapple Navy Beans Green Peas	Baked Apple Slices Sweet Potato Fries Diced Tomatoes	Fresh Banana Green Beans Sliced Carrots	Fresh Apple Kale Mashed Potatoes	Peaches Corn Beets
Choice of Cold Milk	Choice of Cold Milk ***** Snack Attack: Yogurt, Cheese Stick, WG Crackers, Peaches, Diced Tomatoes, Baby Carrots	Choice of Cold Milk ***** Snack Attack: Yogurt, Cheese Stick, WG Crackers, Banana, Celery Sticks, Baby Carrots	Choice of Cold Milk ***** Snack Attack: Yogurt, Cheese Stick, WG Crackers, 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 Tenders with 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.
Mixed Fruit Baked Beans Turnip Greens	Mandarin Oranges Sweet Potato Bites Cherry Tomatoes	Fresh Banana Broccoli Mashed Potatoes	Applesauce Coleslaw Sliced Carrots	Fresh Apple Green Peas Potato Rounds
Choice of Cold Milk	Choice of Cold Milk ***** Snack Attack: Yogurt, Cheese Stick, WG Crackers, Mandarin Oranges, Cherry Tomatoes, Carrot Sticks	Choice of Cold Milk ***** Snack Attack: Yogurt, Cheese Stick, WG Crackers, Banana, Broccoli, Cucumber Slices	Choice of Cold Milk ***** Snack Attack: Yogurt, Cheese Stick, WG Crackers, 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

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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.*  
Fresh Apple Wedges  
Black Beans  
Diced Tomatoes

Choice of Cold Milk

**Tuesday, October 16**

Chicken Nuggets

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

Choice of Cold Milk  
\*\*\*\*\*

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

**Wed., October 17**

WG Spaghetti/Meat Sauce with WG Roll

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

Choice of Cold Milk  
\*\*\*\*\*

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

**Thursday, October 18**

BBQ/WG Bun

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

Choice of Cold Milk  
\*\*\*\*\*

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

**Friday, October 19**

WG Pizza

*You must take 1. You may take all.*  
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 Tenders with WG Roll

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

Choice of Cold Milk

**Tuesday, October 23**

WG Macaroni &amp; Cheese w/WG Roll

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

Choice of Cold Milk  
\*\*\*\*\*

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

**Wed., October 24**

Corn Dog Nuggets with WG Roll

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

Choice of Cold Milk  
\*\*\*\*\*

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

**Thursday, October 25**

Baked Chicken Brown Rice/WG Roll

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

Choice of Cold Milk  
\*\*\*\*\*

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

**Friday, October 26**

Hotdog/WG Bun

*You must take 1. You may take all.*  
Fresh Orange  
French Fries  
Lima Beans

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.

**Monday, October 29**

Fish Sticks I

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

Choice of Cold Milk

**Tuesday, October 30**

Hamburger/WG Bun

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

Choice of Cold Milk  
\*\*\*\*\*

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

**Wed., October 31**

Ham/Cheese on WG Swirl Roll

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

Choice of Cold Milk  
\*\*\*\*\*

Snack Attack: Yogurt, Cheese Stick, WG Crackers, Pineapple, 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**