

Menus for October

**SOUTHAMP-
TON COUNTY
ELEMENTARY
SCHOOLS**



Tuesday, October 1

Hamburger/Bun

Fresh Fruit
Vegetable Medley
French Fries

Choice of Cold Milk

Wed., October 2

Spaghetti/Meat
Sauce with Roll

Fresh Fruit
Romaine Lettuce
with Tomatoes

Choice of Cold Milk

THROW THE SWITCH.



After hours without food,
a good breakfast of fruit,
lowfat dairy, whole grains,
and lean protein gets you
fired up for action again.
And if you skip breakfast
or eat just fat and sugar?
Then your mind and body
will stay in the dark all day.

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

Thursday, October 3

BBQ/Swirl Bun

Fresh Fruit
Coleslaw
Green Beans

Choice of Cold Milk

Friday, October 4

Cheese Pizza

Applesauce
Corn
Fresh Carrots

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!

Monday, October 7

Ham/Cheese/Bun

Peaches
*Chuckwagon Beans
Sweet Potato Bites

Choice of Cold Milk

Tuesday, October 8

Chicken Nuggets
with Roll

Fresh Fruit
French Fries
Green Beans

Choice of Cold Milk



Broccoli is one of the most healthful foods you can eat. By weight, steamed broccoli has more vitamin C than an orange and as much calcium as milk. It's also a good source of fiber and is high in beta-carotene, a cancer-fighting substance. Broccoli retains more nutrients (and smells better, too!) when it is not overcooked.



Wed., October 9

Fish Sticks with Roll

Pears
Broccoli
Candied Yams

Choice of Cold Milk

Thursday, October 10

Salisbury Steak/
Gravy with Roll

Pineapple
Mashed Potatoes
Mixed Greens

Choice of Cold Milk

Friday, October 11

Pepperoni Pizza

Fresh Apple
Tossed Salad with
Tomatoes

Choice of Cold Milk

First things First

BREAKFAST @SCHOOL

For first-class learning!

SCHOOL LUNCH

ACROSS THE USA

**KIDS! JOIN US IN CELEBRATING
NATIONAL SCHOOL LUNCH WEEK
OCTOBER 14-18, 2013**

Monday, October 14

Hotdog/Bun

Pineapple
Baked Beans
Sweet Potato Bites

Choice of Cold Milk

Tuesday, October 15

Salisbury Steak/
Gravy with Roll

Fresh Fruit
Mashed Potatoes
Green Peas

Choice of Cold Milk

Wed., October 16

Baked Chicken with
Roll

Mandarin Oranges
Steamed Cabbage
with Potatoes

Choice of Cold Milk

Thursday, October 17

Cheese Pizza

Fresh Grapes
Corn
Fresh Carrots

Choice of Cold Milk

Friday, October 18

Spaghetti with Meat
Sauce and Roll

Peaches
Romaine Lettuce
with Tomatoes

Choice of Cold Milk

Monday, October 21

Turkey/Cheese/Bun

Pears
*Chuckwagon Beans
French Fries

Choice of Cold Milk

Tuesday, October 22

Chicken Salad/Roll

Fresh Fruit
Tossed Salad with
Carrots

Choice of Cold Milk

Wed., October 23

Fish Sticks/Roll

Fresh Fruit
Mixed Greens
*Glazed Sweet
Potatoes

Choice of Cold Milk

Thursday, October 24

Salisbury Steak/
Gravy and Roll

Mixed Fruit
Mashed Potatoes
Green Beans

Choice of Cold Milk



Friday, October 25

Pepperoni Pizza

Fresh Apple
Romaine Lettuce
with Tomatoes

Choice of Cold Milk

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Daily entrée choices are small chef salad or yogurt/cheese stick pack. Each comes with the fruit and vegetables on the regular line.

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

Menus are subject to change due to product availability.

BREAKFAST

MENU: Daily entrée choices are cereal/graham crackers or sausage biscuit.

Other choices include:
Monday—Breakfast Pizza
Tuesday—Pancake/Sausage Wrap
Wednesday—Mini-Pancakes
Thursday—Cinnamon Roll
Friday—Pop Tarts

Choice of Fruit or Juice daily.
Choice of Cold Milk daily.

Monday, October 28

Hotdog/Bun

Pineapple
Baked Beans
Sweet Potato Bites

Choice of Cold Milk

Tuesday, October 29

Hamburger/Bun

Fresh Fruit
Vegetable Medley
French Fries

Choice of Cold Milk

Wed., October 30

Spaghetti/Meat
Sauce and Roll

Fresh Fruit
Romaine Lettuce
with Tomatoes

Choice of Cold Milk

Thursday, October 31

BBQ/Swirl Bun

Fresh Fruit
Coleslaw
Green Beans

Choice of Cold Milk