

Menus for October

**SOUTHAMP-
TON HIGH
SCHOOL**



Tuesday, October 1

Cheeseburger/Bun

Mixed Fruit
Fresh Fruit
Vegetable Medley
French Fries

Choice of Cold Milk

Wed., October 2

Spaghetti/Meat
Sauce with Roll

Pineapple
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

Sliced Apples
Fresh Fruit
Coleslaw
Green Beans

Choice of Cold Milk

Friday, October 4

Stuffed Crust
Cheese Pizza

Pears
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

Mandarin Oranges
Fresh Fruit
*Chuckwagon Beans
Sweet Potato Fries
(Cross Trax)

Choice of Cold Milk

Tuesday, October 8

Chicken Sandwich

Peaches
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

Fresh Fruit
Pears
Broccoli
Candied Yams

Choice of Cold Milk

Thursday, October 10

Salisbury Steak/
Gravy with Roll

Fresh Fruit
Pineapple
Mashed Potatoes
Mixed Greens

Choice of Cold Milk

Friday, October 11

Pepperoni Pizza

Mixed Fruit
Fresh Apple
Tossed Salad with
Tomatoes

Choice of Cold Milk

BREAKFAST MENU:

Daily entrees include 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

Fruit or Juice daily.
Choice of Cold Milk daily.

SCHOOL LUNCH

ACROSS THE USA

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

Monday, October 14

Hotdog/Bun

Fresh Fruit
Pineapple
Baked Beans
Sweet Potato Fries
(Cross Trax)

Choice of Cold Milk

Tuesday, October 15

Salisbury Steak/
Gravy with Roll

Pears
Fresh Fruit
Mashed Potatoes
Green Peas

Choice of Cold Milk

Wed., October 16

Baked Chicken with
Roll

Fresh Fruit
Mandarin Oranges
Steamed Cabbage
with Potatoes

Choice of Cold Milk

Thursday, October 17

Cheese Pizza

Applesauce
Fresh Fruit
Corn
Fresh Carrots

Choice of Cold Milk

Friday, October 18

Spaghetti with Meat
Sauce and Roll

Fresh Fruit
Peaches
Romaine Lettuce
with Tomatoes

Choice of Cold Milk

Monday, October 21

Turkey/Cheese/Bun

Fresh Fruit
Mandarin Oranges
*Chuckwagon Beans
French Fries

Choice of Cold Milk

Tuesday, October 22

Chicken Salad/Roll

Peaches
Fresh Fruit
Tossed Salad with
Carrots

Choice of Cold Milk

Wed., October 23

Fish Sticks/Roll

Applesauce
Fresh Fruit
Mixed Greens
*Glazed Sweet
Potatoes

Choice of Cold Milk

Thursday, October 24

Salisbury Steak/
Gravy and Roll

Fresh Fruit
Pears
Mashed Potatoes
Green Beans

Choice of Cold Milk



Friday, October 25

Pepperoni Pizza

Mixed Fruit
Fresh Apple
Romaine Lettuce
with Tomatoes

Choice of Cold Milk

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Daily entrée choices include Yogurt/cheese stick, Nachos, and Pizza. Chicken Salad is available on Tuesdays and Tuna Salad is available on Wednesdays.

Salad Bar.

A la carte line (no charges allowed).

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

Menus are subject to change due to product availability.

Monday, October 28

Hotdog/Bun

Fresh Fruit
Peaches
Baked Beans
Sweet Potato Fries
(Cross Trax)

Choice of Cold Milk

Tuesday, October 29

Cheeseburger/Bun

Mixed Fruit
Fresh Fruit
Vegetable Medley
French Fries

Choice of Cold Milk

Wed., October 30

Spaghetti/Meat
Sauce and Roll

Pineapple
Fresh Fruit
Romaine Lettuce
with Tomatoes

Choice of Cold Milk

Thursday, October 31

BBQ/Swirl Bun

Pears
Fresh Fruit
Coleslaw
Green Beans

Choice of Cold Milk