

# Menus for October

**SOUTHAMP-  
TON MIDDLE  
SCHOOL**



**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 4GET!

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 Fries

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

### 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

Pineapple  
Baked Beans  
Sweet Potato Fries

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 Fruit  
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

# OCTOBER

The name "October" comes from the Latin word for "eight" – but it's the tenth month! What gives? In the Roman calendar, it WAS the eighth month, but then January and February were added when the calendar was revised, and October kept its name.



**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.**

**Pizza daily.**

**Chicken Salad on Tuesdays.**

**Tuna Salad on Wednesdays.**

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

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