



Menus for September, 2014 Southampton High School



Monday, September 1

Tuesday, September

Hotdog/Bun

Choose one or two:
Baked Beans
Sweet Potato Fries

Choose one or two:
Fresh Apple
Peaches

CHEW ON THIS.

Apples help lower blood sugar and reduce the amount of fat in your blood. Plus, apples have recently been shown to improve digestion and digestive health. But be sure to eat the actual fruit -- applesauce and apple juice don't provide the same benefits.



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

Wed., September 3

Hamburger/Bun

Choose one or two:
Broccoli
French Fries

Choose one or two:
Pears
Fresh Fruit

Thursday, September 4

BBQ./Bun

Choose one or two:
Coleslaw
Green Beans

Choose one or two:
Fresh Orange
Pineapple

Friday, September 5

Cheese Pizza

Choose one or two:
Corn
Fresh Carrots

Choose one or two:
Applesauce
Fresh Fruit

One item's been on our menu since 1946.

Education. That's what we've been serving for nearly 70 years. The National School Lunch Program began after World War II to make sure America's youth would be physically ready to defend our country. And we're still all about helping to get your kids ready -- ready to learn and ready to live healthy lives. That's why our local program has made significant changes over the last several years, like offering more fruits, vegetables, and whole grains. And that's why we'll continue to do whatever it takes to make sure that we serve education every day.

Breakfast

\$1.00

Lunch

\$2.10 Sec.

Get an application from your school for free and reduced-price meal benefits in our school district.

School Meals
We serve education every day™

Wed., September 10

Fish Sticks with Roll

Choose one or two:
Mixed Greens
Glazed Sweet Potatoes

Choose one or

Monday, September

Ham/Cheese/Bun

Choose one or two:
Chuckwagon Beans
Potato Rounds

Choose one or two:

Tuesday, September

Chicken Nuggets with Roll

Choose one or two:
French Fries
Steamed Carrots

Choose one or two:

Thursday, September

Salisbury Steak/ Roll

Choose one or two:
Mashed Potatoes
Green Peas

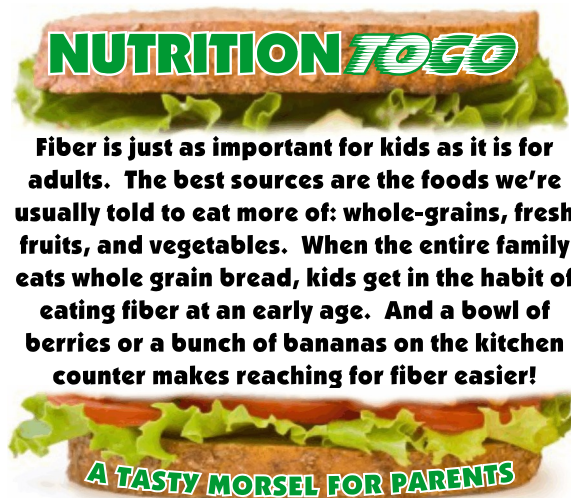
Choose one or two:

Friday, September 12

Stuffed Crust Pepperoni Pizza

Choose one or two:
Tossed Salad with Carrots

Choose one or two:
Peaches



Fiber is just as important for kids as it is for adults. The best sources are the foods we're usually told to eat more of: whole-grains, fresh fruits, and vegetables. When the entire family eats whole grain bread, kids get in the habit of eating fiber at an early age. And a bowl of berries or a bunch of bananas on the kitchen counter makes reaching for fiber easier!



Monday, September

Hotdog/Bun

Choose one or two:
Baked Beans
Sweet Potato Fries

Choose one or two:
Fresh Apple

Tuesday, September

Cheeseburger/Bun

Choose one or two:
French Fries
Broccoli

Choose one:
Pears
Fresh Fruit

Wed., September 17

Spaghetti/Meat Sauce

Choose one or two:
Tossed Salad With Tomatoes

Choose one:
Fresh Fruit

BREAKFAST MENU:

Cereal/Graham Crackers will be an entrée choice daily.

Students may only select one entrée.

Other choices:

Monday - Breakfast Pizza

Tuesday - Sausage Biscuit

Wednesday - Mini Pancakes

Thursday - Cinnamon Roll

Friday - Pop Tarts

Students may take juice and fruit but must take at least one.

Choice of Cold Milk

Thursday, September

BBQ/Bun

Choose one or two:
Coleslaw
Green Beans

Choose one or two:
Mixed Fruit

Friday, September 19

Cheese Pizza

Choose one or two:
Corn
Fresh Carrots

Choose one or two:
Applesauce

Monday, September

Ham/Cheese/Bun

Choose one or two:
Chuckwagon Beans
Potato Rounds

Choose one or two:

Tuesday, September

Chicken Salad with Roll

Choose one or two:
Romaine Lettuce With Carrots

Choose one or two:

Wed., September 24

Fish Sticks with Roll

Choose one or two:
Mixed Greens
Glazed Sweet Potatoes

Choose one or

Daily Lunch Entrée Choices:

Yogurt/Cheese Stick

Pizza

Nachos

Salad Bar (beginning week of Sept. 8)

Chicken Salad on Tuesdays

Tuna Salad on Wednesdays

Students may select one of the above or the menued entrée.

Students must select at least one fruit or vegetable.

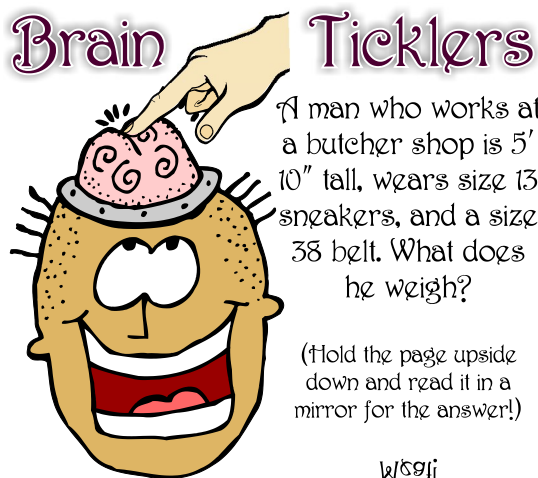
Menus are subject to change without notice due to product availability.

Thursday, September

Salisbury Steak/ Roll

Choose one or two:
Mashed Potatoes
Green Peas

Choose one or two:



PARENTS: Don't forget breakfast and lunch money for your students!!

If you feel that your family may qualify for free/reduced price meals for your students, please send your application as soon as possible!!

Friday, September 26

Stuffed Crust Pepperoni Pizza

Choose one or two:
Tossed Salad With Carrots

Choose one or two:
Peaches

Monday, September

Hotdog/Bun

Choose one or two:
Baked Beans
Sweet Potato Fries

Choose One or two:
Fresh Fruit

Tuesday, September

Cheeseburger/Bun

Choose one or two:
French Fries
Broccoli

Choose One or two:
Apple Slices