

welcome
BACK to School
 Menus for September

Southampton High School

This institution is an equal opportunity provider. Menus are subject to change.

Available Daily

Freshly Baked Cookies
 Nachos W/Cheese Sauce
 (meat optional)
 Meat Lover's Pizza

Sub & Salad Station
 Meatball, Steak, & Fajita Chicken
 PYT (Pick your Topping)

*Students must choose
 1 or 2 fruits*

Students must choose 1 or 2 vegetables

LF Milk Served Daily

Featured Specials of the Day

Monday, September 4
 ★ **LABOR DAY** ★

Tuesday, September 5
 Cheeseburger
 Steamed Broccoli or Carrots
 Canned Fruit or Fresh Fruit

Wednesday, September 6
 Meaty Cheese Nachos
 Corn or Refried Beans
 Canned Fruit or Fresh Fruit

Thursday, September 7
 Rib A Que
 Coleslaw or Seasoned Fries
 Canned Fruit or Fresh Fruit

Friday, September 8
 Spicy Chicken Sandwich
 Sweet Potato Waffle Fries or Green Beans
 Fresh Fruit or Canned Fruit

THE **A** LIST Top 10 Artists
 for first week of August 2017

- 1/JAY-Z
- 2/Ed Sheeran
- 3/Bruno Mars
- 4/Linkin Park
- 5/Kendrick Lamar
- 6/Imagine Dragons
- 7/DJ Khaled
- 8/Shawn Mendes
- 9/Justin Bieber
- 10/French Montana

Source: Billboard

2.3 BY THE NUMBERS
 IN 1948, JUST 2.3% OF U.S. HOMES
 HAD A TELEVISION, COMPARED
 WITH MORE THAN 99% TODAY.

DON'T 4GET!
 To make a lunch, choose at least one

Fruit/Juice or **Veggie**

Grains **Milk** **Protein**

and 3-5 items total

Vegetables

BREWSTER CENTRAL SCHOOL DISTRICT CHILD NUTRITION SERVICES

Make the healthy, economical choice!

Breakfast Lunch

\$1.00 **\$2.35**

Get in touch with us today to learn more about free and reduced-price meals in our district:

★ OUR NATION'S HISTORY ★

On September 28, 1542 the first Europeans to ever set foot in present-day California sailed into San Diego Bay. Spain and then Mexico ruled the territory for most of the next 300 years, before California became the 31st state in the American union in 1850. California has more people than any other state – if it were a country, California would be the world's 35th most populous country and would have the sixth largest economy in the world all by itself! And guess what? For a very brief time in the 1840's, it was a country – the California "Bear Republic"!



★ WITH LIBERTY & JUSTICE FOR ALL ★

Featured Specials of the Day

Monday, September 11

Corn Dogs

Sweet Potato Waffle Fries or Baked beans
Canned Fruit or Fresh Fruit

Tuesday, September 12

Meatball Sub

Garden Salad, Cucumber Cup, W/Dressing
Canned Fruit or Fresh Fruit

Wednesday, September 13

Smoked Polish Sausage

Green Peppers & Onions

French Fries or Green Beans

Canned Fruit or Fresh Fruit

Thursday, September 14

Bar B Que W/Bun

Coleslaw or Tomato Wedges

Canned Fruit or Fresh Fruit

Friday, September 15

Cheese Quesadillas W/Marinara Sauce

Corn or Carrots

Canned Fruit or Fresh Fruit

Featured Specials of the Day

Monday, September 18

Chicken Nuggets/Roll

French Fries or Cherry Tomato Cup

Canned Fruit or Fresh Fruit

Tuesday, September 19

Chicken Fajita Wrap

Black Beans or Corn

Canned Fruit or Fresh Fruit

Wednesday, September 20

Chicken Tenders W/Roll

Tater Tots or Glazed Carrots

Canned Fruit or Fresh Fruit

Thursday, September 21

Baked Ziti W/Garlic Toast

Green Beans or Garden Salad

Canned Fruit or Fresh Fruit

Friday, September 22

Cheeseburger

Baked Beans or French Fries

Canned Fruit or Fresh Fruit

eat fit wanna stay fit?
gotta eat right!

Make this the year you eat more fruits and veggies. And let us help!

Fruits and vegetables are low in calories and fat and high in fiber, flavor, color, and convenience. **And whenever you choose to**

join us for a meal at school, you can rest

assured that fruits and

vegetables will always be

on the menu!



please see reverse for items available daily

BREAKFAST MENU

Week 1 & 3

Monday - Mini Pancakes

Tuesday - French Toast

Wednesday - Blueberry Muffins

Thursday - Honey Bun

Friday - Poptarts

Week 2 & 4

Monday - Banana Bread

Tuesday - Sausage Biscuits

Wednesday - Pancake Wrap

Thursday - Breakfast Pizza

Friday - Cereal

Milk and Juice offered Daily!

Student must choose 1 or 2 vegetables

Student must choose 1 fruit

Menu subject to change due to availability.

Featured Specials of the Day

Monday, September 25

Fish Sticks W/Roll

Sweet Potato Fries or Kale

Canned Fruit or Fresh Fruit

Tuesday, September 26

Popcorn Chicken

Broccoli or Sweet Potatoes

Canned Fruit or Fresh Fruit

Wednesday, September 27

Chili Cheese Dog

Baked Beans or French Fries

Canned Fruit or Fresh Fruit

Thursday, September 28

Salisbury Steak W/Roll

Mashed Potatoes or Green Beans

Canned Fruit or Fresh Fruit

Friday, September 29

Pizza

Garden Salad or Corn

Canned Fruit or Fresh Fruit