

Southampton County Public Schools

High School Lunch HHFKA - 9-12 December Lunch Menu Southampton High School

Menu Subject to Change do to Availability

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 2 PIZZA BY SMART MO TANGERINE CHICKE W/FRIED RICE TACO SALAD CHICKEN SALAD WR MINH FRIED RICE MARINARA CUP OVEN BAKED FRENC STEAMED BROCCOL GLAZED CARROTS FRUIT,FRESH ASSO ASSORTED CAN AND FRUIT MILK 1% WHITE MILK	Dec - 3 PIZZA BY SMART MO RODEO BURGER CHICKEN SALAD HAM AND CHEESE W YOGURT W/WOW BU & GOLD FISH CRACK OVEN BAKED FRENC MARINARA CUP OVEN BAKED FRENC COOKED GREEN BE ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO MILK 1% WHITE MILK	Dec - 4 BEEF STROGONOFF WITH WG ROLL PIZZA BY SMART MO CHICKEN NUGGET S BLT MARINARA CUP OVEN BAKED FRENC CORN CUCUMBER W/LF DI ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO MILK 1% WHITE MILK	Dec - 5 PIZZA BY SMART MO TEMPURA CHICKEN WITH WG ROLL CHICKEN CAESAR S COMBO SUB MARINARA CUP GREEN PEAS MASH POTATOES ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO MILK 1% WHITE MILK	Dec - 6 HAM AND CHEESE W CHICKEN SANDWICH PIZZA BY SMART MO TACO SALAD CRACKERS MARINARA CUP OVEN BAKED FRENC COLE SLAW SWEET POTATO FRI ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO MILK 1% WHITE MILK
Dec - 9 PIZZA BY SMART MO SOFT BEEF TACO SPANISH RICE W/EIT TACO SALAD CHICKEN WRAP MARINARA CUP OVEN BAKED FRENC BLACK BEAN SALSA CORN ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO MILK 1% WHITE MILK	Dec - 10 CHICKEN PARMESA WG ROLL W/EITHER PIZZA BY SMART MO CHICKEN WRAP TACO SALAD CRACKERS MARINARA CUP OVEN BAKED FRENC ROMAINE & SPINACH W/TOMATO CUCUMBER W/LF DI ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO 1% WHITE MILK MILK	Dec - 11 PIZZA BY SMART MO TEMPURA CHICKEN WG ROLL W/EITHER ROMAINE & SPINACH W/TOMATO MARINARA CUP VEG OVEN BAKED FRENC HAM, TURKEY, BACO CHEESE WRAP CHICKEN CAESAR S ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO 1% WHITE MILK MILK	Dec - 12 PIZZA BY SMART MO BREADED FRITTER WITH WG ROLL HAM SANDWICH CHICKEN SALAD MARINARA CUP OVEN BAKED FRENC SWEET POTATO, BA CABBAGE ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO 1% WHITE MILK MILK	Dec - 13 PIZZA BY SMART MO BAKED SPAGHETTI WITH WG ROLL DELI SUB CHICKEN CEASAR W ENTREE SALAD MARINARA CUP OVEN BAKED FRENC SALAD W/TOMATO CORN ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO 1% WHITE MILK MILK
Dec - 16 PIZZA BY SMART MO CHEESEBURGER ON HAM AND CHEESE W W/BACON TACO SALAD CRACKERS MARINARA CUP BAKED POTATO TURNIP GREENS ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO 1% WHITE MILK MILK	Dec - 17 PIZZA BY SMART MO SALISBURY STEAK WITH WG ROLL ENTREE SALAD HAM, TURKEY, BACO CHEESE WRAP MARINARA CUP MASH POTATOES GREEN PEAS CARROT STICKS W/L FRUIT,FRESH ASSO ASSORTED CAN AND FRUIT 1% WHITE MILK MILK	Dec - 18 TURKEY AND STUFFI WITH WG ROLL SWEET POTATO CA COOKED GREEN BE CRANBERRY SAUCE MASH POTATOES FRUIT,FRESH ASSO BAKED APPLES 1% WHITE MILK MILK	Dec - 19 PIZZA BY SMART MO FISH STICKS WITH WG ROLL TACO SALAD CRACKERS CUBAN SLIDERS MARINARA CUP OVEN BAKED FRENC COLE SLAW BUSH'S VEGETARIA BEANS ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO 1% WHITE MILK MILK	Dec - 20 PIZZA BY SMART MO CHICKEN TETRAZZIN WITH WG ROLL CHICKEN WRAP TACO SALAD CRACKERS YOGURT W/WOW BU & GOLD FISH CRACK OVEN BAKED FRENC MARINARA CUP STEAMED BROCCOL GLAZED CARROTS ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO MILK 1% WHITE MILK

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.