

Southampton County Public Schools

Page 1

Middle School Lunch

Dec 3, 2019

HHFKA - 6-8

December

Southampton Middle Lunch Menu

Menu is Subject to Change do to Availability

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 2 TANGERINE CHICKE W/FRIED RICE CHEESEBURGER ON TACO SALAD CHICKEN SALAD WR STEAMED BROCCOL GLAZED CARROTS YOGURT W/WOW BU & GOLD FISH CRACK FRUIT,FRESH ASSO MILK 1% WHITE MILK	Dec - 3 RODEO BURGER CHICKEN SANDWICH CHICKEN SALAD HAM AND CHEESE W YOGURT W/WOW BU & GOLD FISH CRACK OVEN BAKED FRENC COOKED GREEN BE FRUIT,FRESH ASSO MILK 1% WHITE MILK	Dec - 4 BEEF STROGONOFF WITH WG ROLL HOT DOG CHICKEN NUGGET S BLT CORN CUCUMBER W/LF DI YOGURT W/WOW BU & GOLD FISH CRACK FRUIT,FRESH ASSO MILK 1% WHITE MILK	Dec - 5 CHICKEN A LA KING TEMPURA CHICKEN CHICKEN CAESAR S COMBO SUB YOGURT W/WOW BU & GOLD FISH CRACK GREEN PEAS MASH POTATOES FRUIT,FRESH ASSO MILK 1% WHITE MILK	Dec - 6 FISH SANDWICH CORN DOG ANYTIMERS: TURKE AND CHEESE TACO SALAD YOGURT W/WOW BU & GOLD FISH CRACK COLE SLAW SWEET POTATO FRI FRUIT,FRESH ASSO MILK 1% WHITE MILK
Dec - 9 SOFT BEEF TACO SPANISH RICE W/EIT CHEESEBURGER ON TACO SALAD CHICKEN WRAP YOGURT W/WOW BU & GOLD FISH CRACK BLACK BEAN SALSA CORN FRUIT,FRESH ASSO MILK 1% WHITE MILK	Dec - 10 CHICKEN PARMESA WG ROLL W/EITHER HOT DOG CHICKEN WRAP YOGURT W/WOW BU & GOLD FISH CRACK TACO SALAD ROMAINE & SPINACH W/TOMATO CUCUMBER W/LF DI FRUIT,FRESH ASSO 1% WHITE MILK MILK	Dec - 11 CHEESE LASAGNA TEMPURA CHICKEN WG ROLL W/EITHER ROMAINE & SPINACH W/TOMATO VEG OVEN BAKED FRENC HAM, TURKEY, BACO CHEESE WRAP CHICKEN CAESAR S YOGURT W/WOW BU & GOLD FISH CRACK FRUIT,FRESH ASSO 1% WHITE MILK MILK	Dec - 12 BREADED FRITTER WITH WG ROLL CORN DOG HAM SANDWICH CHICKEN SALAD YOGURT W/WOW BU & GOLD FISH CRACK SWEET POTATO, BA CABBAGE FRUIT,FRESH ASSO 1% WHITE MILK MILK	Dec - 13 BAKED SPAGHETTI WITH WG ROLL CHICKEN SANDWICH DELI SUB CHICKEN CEASAR W ENTREE SALAD YOGURT W/WOW BU & GOLD FISH CRACK FRUIT JUICE,ASSOR 1% WHITE MILK MILK
Dec - 16 RIB BQ SANDWICH CHEESEBURGER ON HAM AND CHEESE W W/BACON TACO SALAD YOGURT W/WOW BU & GOLD FISH CRACK BAKED POTATO TURNIP GREENS FRUIT,FRESH ASSO 1% WHITE MILK MILK	Dec - 17 FISH STICKS TEMPURA CHICKEN WITH WG ROLL YOGURT W/WOW BU & GOLD FISH CRACK TACO SALAD CUBAN SLIDERS COLE SLAW BUSH'S VEGETARIA BEANS FRUIT,FRESH ASSO 1% WHITE MILK MILK	Dec - 18 TURKEY AND STUFFI WITH WG ROLL SWEET POTATO CA COOKED GREEN BE CRANBERRY SAUCE MASH POTATOES BAKED APPLES 1% WHITE MILK MILK	Dec - 19 LOADED NACHOS CORN DOG YOGURT W/WOW BU & GOLD FISH CRACK BBQ Chicken Salad CHICKEN WRAP CARROT STICKS W/L CORN ON THE COB FRUIT,FRESH ASSO MILK 1% WHITE MILK	Dec - 20 SHRIMP POPPERS & MAC N CHEESE WITH WG ROLL CHICKEN SANDWICH YOGURT W/WOW BU & GOLD FISH CRACK CHICKEN CEASAR W CHICKEN SALAD OVEN BAKED FRENC MIXED VEGGIES FRUIT,FRESH ASSO 1% WHITE MILK 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.