



MENUS FOR 2019 January

Southampton County
Public Schools

This institution is an equal opportunity provider.



Thursday, January 3

Breakfast

Pancake Sausage
Wrap
Fruit/Fruit Juice
LF Milk

Lunch

Hot Dogs
Baked Beans
Coleslaw
Strawberry cup
Sliced Oranges

Friday, January 4

Breakfast

Breakfast Pizza
Pop-tarts (K-5)
Fruit/Fruit Juice
LF Milk

Lunch

Pepperoni Pizza
Garden Salad
Carrots
Applesauce
Banana

STACKED AGAINST US.

The average American takes in at least 50% more sodium than the recommended maximum. But don't just blame the salt shaker at home: 75% of the sodium you eat probably comes from restaurant food and processed grocery store food – like chips, pizza, soup, and even bread!



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

Monday, January 7

Breakfast

WG Waffles
Fruit/Fruit Juice
LF Milk

Lunch

Chicken Fillet
Sandwich
Green Beans
Potato Wedges
Diced Peaches
Fresh Grapes

Tuesday, January 8

Breakfast

Blueberry Bread
Fruit/Fruit Juice
LF Milk

Lunch

Corn Dogs
French Fries
Carrots
Chilled Diced Pears
Orange Wedges

Wednesday, January 9

Breakfast

Chicken Biscuit
Fruit/Fruit Juice
LF Milk

Lunch

Pork Chop w/Bun
Baked Beans
Tater Tots
Mixed Fruit
Applesauce

Thursday, January 10

Breakfast

Breakfast Pizza
Fruit/Fruit Juice
LF Milk

Lunch

Barbeque Sandwich
Coleslaw
Kale
Sweet Potato Fries
Pineapple Tidbits
Fresh Apple

Friday, January 11

Breakfast

Banana Bread
Pop-tarts (K-5)
Fruit/Fruit Juice
LF Milk

Lunch

Cheese Filled
Breadsticks w/
Marinara
Garden Salad
Carrots
Mixed Fruit



DON'T GET!

To make a lunch,
choose at least one



Fruit/Juice

or



Veggie



and 3-5
items
total

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: