

Southampton Middle School

MENUS FOR JANUARY 2019

Happy New Year

Welcome Back!  
We hope you enjoyed your break!

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

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

AVAILABLE DAILY

A Variety of Subs or Salads

Monday, Wednesday, Friday  
Meat Lover's Pizza

Tuesday and Thursday  
Nachos w/cheese

Students must choose

1 or 2 Vegetables

Students must choose

1 Fruit

LF Milk Served Daily

Breakfast Daily Choices:  
Assorted Pastries

Students must select a fruit/fruit juice

Menu subject to change  
due to availability

This institution is an equal opportunity provider

DON'T GET!

To make a lunch,  
choose at least one



or



and 3-5  
items  
total