



Menus for **May 2019**

SOUTHAMPTON
HIGH SCHOOL

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

CINCO de MAYO

Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!

SOL TESTING

Testing Begins May 22nd

ALL CHILDREN TESTING IN MAY HAVE FREE BREAKFAST ON THEIR SOL DAY!!

Wednesday, May 1

Breakfast

Cinnamon Bun
Fruit, Fruit Juice
Milk

Lunch

Turkey or Ham &
Cheese Sub w/Lettuce,
Tomato, Onion
Potato Wedges
Mixed Vegetables
Diced Peaches
Orange
Milk

Thursday, May 2

Breakfast

Pancake Sausage
Wrap
Fruit, Fruit Juice
Milk

Lunch

Pork Chop w/Gravy
Roll
Mashed Potatoes
Green Beans
Mixed Fruit
Fresh Apple
Milk

Friday, May 3

Breakfast

Confetti Pancakes
Fruit, Fruit Juice
Milk

Lunch

Pepperoni or Cheese
Pizza
Romaine Salad w/
Tomatoes
Carrots Cup w/Dip
Applesauce
Banana
Milk

Available Daily

Salad and Sub Bar

(Assorted Meats, Cheese, Veggies, Grain Choices)

Cold Plate

(Chicken or Tuna Salad, Potato Salad, Macaroni Salad and Crackers on a Bed of Lettuce)

Pizza

Monday, Wednesday, Friday

Nachos

Tuesday and Thursday

All Meals Include Vegetables of the Day, Fruit of the Day and Milk

Monday, May 6

Breakfast

Grape or Chocolate
Croissant
Fruit, Juice
Milk

Lunch

Cheeseburger w/Lettuce,
Tomato and Onion
French Fries
Baked Beans
Fresh Orange
Applesauce
Milk

Tuesday, May 7

Breakfast

Sausage, Egg, Cheese
Biscuit
Juice, Fruit, Milk

Lunch

Spicy Chicken
Sandwich w/ Lettuce
and Tomato
French Fries
Broccoli and Cheese
Peaches
Banana
Milk

Wednesday, May 8

Breakfast

Apple or Cherry Frudel
Fruit, Juice, Milk

Lunch

Spaghetti w/Meat
Sauce
Garlic Bread
Green Beans
Romaine Salad
Tomato Cup
Apple
Pears
Milk

Thursday, May 9

Breakfast

Ham, Egg, Cheese
Croissant
Fruit, Juice, Milk

Lunch

Hotdog on Bun w/
Diced Onion and
Relish
Baked Beans
Carrot Cup w/Dip
Mandarin Oranges
Fresh Strawberries
Milk

Friday, May 10

Breakfast

Cereal and Graham
Cracker
Fruit, Fruit Juice Milk

Lunch

Salisbury Steak
Roll
Mashed Potatoes
Sweet Peas
Pineapple
Grapes
Milk

MOTHER'S DAY SUNDAY, MAY 12

