

Menus for **May 2019**

SOUTHAMPTON
MIDDLE 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 9th

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

Available Daily

Fresh Chef Salads

(Turkey or Ham, Romaine Lettuce, Variety of Vegetables, and Crackers)

Sub Tray

(Variety of Subs w/ Lettuce, Tomato, Onion; Chips; Fresh Vegetable)

Cold Plate

(Tuna or Chicken Salad, Crackers, Macaroni Salad, Potato Salad, Fresh Vegetables)

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

Tuna Salad Wrap w/
Lettuce and Tomato
Macaroni Salad
French Fries
Carrot Cup w/Dip
Fresh Pear
Milk

Tuesday, May 7

Breakfast

Sausage, Egg,
Cheese Biscuit
Juice, Fruit, Milk

Lunch

Chicken Nuggets
Roll
Green Beans
Mashed Potato
Sliced Apples
Milk

Wednesday, May 8

Breakfast

Apple or Cherry
Frudel
Fruit, Juice, Milk

Lunch

Chicken Taco w/
lettuce, tomato, cheese,
salsa, sour cream
Pinto Beans
Corn
Fresh Strawberries
Milk

Thursday, May 9

Breakfast

Ham, Egg, Cheese
Croissant, or Breakfast
Pizza Deluxe
Hash Brown, Fruit,
Juice, Milk

Lunch

Fish & Cheese on Roll
w/Tarter Sauce, Lettuce,
Tomato
Creamy Cole Slaw
Sweet Potato Fries
Apples
Milk

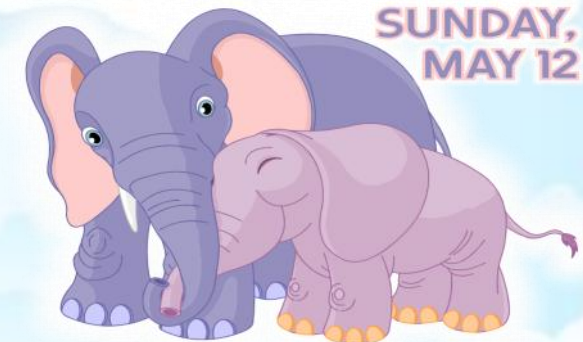
Friday, May 10

Breakfast

Cereal and Graham
Cracker
Fruit, Fruit Juice Milk

Lunch

Chicken Sandwich
(spicy or regular)w/
lettuce and tomato
Mixed Greens
Waffle Fries
Oranges
Milk



MOTHER'S DAY
SUNDAY,
MAY 12