

# Southampton County Public Schools

November

Oct 28, 2019

## Southampton Middle Lunch Menu

\*\*\*Menu is Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1  TANGERINE CHICKE W/FRIED RICE CHEESEBURGER ON TACO SALAD CHICKEN SALAD WR STEAMED BROCCOLI GLAZED CARROTS YOGURT W/WOW BU & GOLD FISH CRACK FRUIT,FRESH ASSOR MILK 1% WHITE MILK
Nov - 4  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 ASSOR MILK 1% WHITE MILK	Nov - 5  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 ASSOR MILK 1% WHITE MILK	Nov - 6  CHICKEN A LA KING TEMPURA CHICKEN CHICKEN CAESAR S COMBO SUB YOGURT W/WOW BU & GOLD FISH CRACK GREEN PEAS MASH POTATOES FRUIT,FRESH ASSOR MILK 1% WHITE MILK	Nov - 7  FISH SANDWICH CORN DOG ANYTIMERS: TURKEY AND CHEESE TACO SALAD YOGURT W/WOW BU & GOLD FISH CRACK COLE SLAW SWEET POTATO FRI FRUIT,FRESH ASSOR MILK 1% WHITE MILK	Nov - 8  SOFT BEEF TACO SPANISH RICE WEIT CHEESEBURGER ON TACO SALAD CHICKEN WRAP YOGURT W/WOW BU & GOLD FISH CRACK BLACK BEAN SALSA CORN FRUIT,FRESH ASSOR MILK 1% WHITE MILK
Nov - 11  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 ASSOR 1% WHITE MILK MILK	Nov - 12  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 ASSOR 1% WHITE MILK MILK	Nov - 13  BREADED FRITTER WITH WG ROLL CORN DOG HAM SANDWICH CHICKEN SALAD YOGURT W/WOW BU & GOLD FISH CRACK SWEET POTATO, BA CABBAGE FRUIT,FRESH ASSOR 1% WHITE MILK MILK	Nov - 14  BAKED SPAGHETTI WITH WG ROLL CHICKEN SANDWICH DELI SUB CHICKEN CEASAR W ENTREE SALAD YOGURT W/WOW BU & GOLD FISH CRACK SALAD W/TOMATO CORN FRUIT,FRESH ASSOR 1% WHITE MILK MILK	Nov - 15  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 ASSOR 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.

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Nov - 18  SALISBURY STEAK WITH WG ROLL HOT DOG ENTREE SALAD YOGURT W/WOW BU & GOLD FISH CRACK HAM, TURKEY, BACO CHEESE WRAP MASH POTATOES GREEN PEAS CARROT STICKS W/L BAKED APPLES 1% WHITE MILK MILK	Nov - 19  FISH STICKS TEMPURA CHICKEN WITH WG ROLL YOGURT W/WOW BU & GOLD FISH CRACK TACO SALAD CUBAN SLIDERS COLE SLAW BUSH'S VEGETARIAN BEANS FRUIT,FRESH ASSOR 1% WHITE MILK MILK	Nov - 20  CHICKEN TETRAZZIN WITH WG ROLL CHICKEN SANDWICH CHICKEN WRAP TACO SALAD YOGURT W/WOW BU & GOLD FISH CRACK STEAMED BROCCOLI GLAZED CARROTS FRUIT,FRESH ASSOR MILK 1% WHITE MILK	Nov - 21  TURKEY AND STUFFI WITH WG ROLL SWEET POTATO CAS COOKED GREEN BE CRANBERRY SAUCE MASH POTATOES BAKED APPLES 1% WHITE MILK MILK	Nov - 22  SHRIMP POPPERS & MAC N CHEESE CHICKEN SANDWICH YOGURT W/WOW BU & GOLD FISH CRACK CHICKEN CEASAR W CHICKEN SALAD OVEN BAKED FRENCH MIXED VEGGIES FRUIT,FRESH ASSOR 1% WHITE MILK MILK
Nov - 25  CHICKEN POT PIE CORNBREAD W/EITE HOT DOG CHICKEN NUGGET S VARIETY OF SANDWI WRAPS YOGURT W/WOW BU & GOLD FISH CRACK BEETS CHERRY TOMATO W/ SWEET POTATO FRI SQUASH,SUMMER FRUIT,FRESH ASSOR 1% WHITE MILK MILK	Nov - 26  FRENCH BREAD PIZZ CHEESE OR PEPPER TEMPURA CHICKEN WITH WG ROLL HAM, TURKEY AND C WRAP SOUTHWEST CHICK SALAD YOGURT W/WOW BU & GOLD FISH CRACK CARROT STICKS W/L OVEN BAKED WAFFL FRUIT,FRESH ASSOR 1% WHITE MILK MILK	Nov - 27  NO SCHOOL TODAY	Nov - 28  NO SCHOOL TODAY	Nov - 29  NO SCHOOL TODAY

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