

# SUMMER MEALS! ALL KIDS EAT FREE!

No paperwork necessary. Must be 18 or under for free meals.

**FOR BREAKFAST,  
CHOOSE AT LEAST  
3 ITEMS  
TOTAL**

**FOR LUNCH,  
CHOOSE AT LEAST  
3 ITEMS  
TOTAL  
FROM AT LEAST 3  
DIFFERENT GROUPS**

**PLEASE ASK IF YOU'RE NOT SURE,  
AND PLEASE ENJOY YOUR MEAL!**

**This institution is an  
equal opportunity provider.**

**Please call 757-653-2692 for more  
information**

**Family Members are invited! Adults (over 18):  
\$1.50 Breakfast, \$3.00 Lunch**

Wed. June 19	Thurs. June 20	Monday, June 24	Tuesday, June 25	Wed. June 26
<b><u>Breakfast</u></b> Cinnamon Pull Apart Apple Slices Juice, Milk <b><u>Lunch</u></b> Chicken Nuggets w/Roll Romaine Salad w/ tomatoes French Fries Fresh Orange Milk	<b><u>Breakfast</u></b> Cereal w/Graham Cracker Fresh Pear Juice, Milk <b><u>Lunch</u></b> Bologna and Cheese on Bun w/lettuce Chips Cucumber Cup w/ Ranch Strawberries, Milk	<b><u>Breakfast</u></b> Pop Tart Fruit Cup Juice, Milk  <b><u>Lunch</u></b> Cheeseburger w/ lettuce, tomato, onion Carrots w/ Ranch Fresh Watermelon Milk	<b><u>Breakfast</u></b> Strawberry Bagel Apple Juice, Milk  <b><u>Lunch</u></b> Turkey and Cheese on Roll w/ lettuce Chips Carrots w/ Ranch Craisins Milk	<b><u>Breakfast</u></b> Cherry Frudel Pineapple Cup Juice, Milk  <b><u>Lunch</u></b> Pepperoni Pizza Spinach Salad w/ Tomato and Ranch Fresh Watermelon Milk
Thursday, June 27	Monday July 1	Tuesday, July 2	Wed. July 3	Thursday July 4
<b><u>Breakfast</u></b> Pancake Wrap Apple Sauce Juice, Milk <b><u>Lunch</u></b> Wow Butter and Jelly Sandwich Chips Cauliflower and Broccoli Cup w/ Ranch Fresh Pear, Milk	<b><u>Breakfast</u></b> Confetti Pancakes Fruit Cup Juice, Milk  <b><u>Lunch</u></b> Turkey and Cheese on Bun w/ lettuce Chips Carrots w/ Ranch Craisins Milk	<b><u>Breakfast</u></b> Cinnamon Pull Apart Apple Slices Juice, Milk <b><u>Lunch</u></b> Bologna and Cheese on Bun w/ lettuce Tomato Cup w/ Ranch Chips Apple Slices Milk	<b><u>No School</u></b>	<b><u>No School</u></b> <b><u>Happy</u></b> <b><u>Independence</u></b>

**Southampton Middle School Food Services Summer Feeding Program**

# 2019 Summer Meals Sites

**Monday, July 8**

**Breakfast**

Cereal/Graham Cracker  
Fresh Pear  
Juice, Milk

**Lunch**

Wow Butter and Jelly  
Sandwich  
Chips  
Cauliflower and  
Broccoli Cup w/  
Ranch  
Apple, Milk

**Tuesday, July 9**

**Breakfast**

Strawberry Bagel  
Apple  
Juice, Milk

**Lunch**

Turkey and Cheese  
on Bun w/ lettuce  
Chips  
Cucumber Cup w/  
Ranch  
Fresh Orange  
Milk

**Wednesday, July 10**

**Breakfast**

Pancake Wrap  
Applesauce  
Juice, Milk

**Lunch**

Pepperoni Pizza  
Spinach Salad w/  
Tomatoes and Ranch  
Fresh Pear  
Milk

**Thursday, July 11**

**Breakfast**

Cherry Frudel  
Pineapple Cup  
Juice, Milk

**Lunch**

Bologna and Cheese  
on Bun w/ lettuce  
Chips  
Carrots w/ Ranch  
Craisin  
Milk

**Friday, July 12**

**No School**

**Monday, July 15**

**Breakfast**

Confetti Pancakes  
Fruit Cup  
Juice, Milk

**Lunch**

Nachos w/ Chili and  
Cheese, Salsa and  
Sour Cream  
Romaine Salad w/  
Ranch  
Oranges  
Milk

**Tuesday, July 16**

**Breakfast**

Cinnamon Pull Apart  
Apple Slices  
Juice, Milk

**Lunch**

BLT Salad w/ Ranch  
2 Cheesy Bread  
Sticks  
French Fries  
Fresh Watermelon  
Milk

**Wednesday, July 17**

**Breakfast**

Pop Tart  
Apple Slices  
Juice, Milk

**Lunch**

Chicken Nuggets  
Roll  
Corn on the Cob  
French Fries  
Fresh Orange  
Milk

**Thursday, July 18**

**Breakfast**

Pancake Wrap  
Applesauce  
Juice, Milk

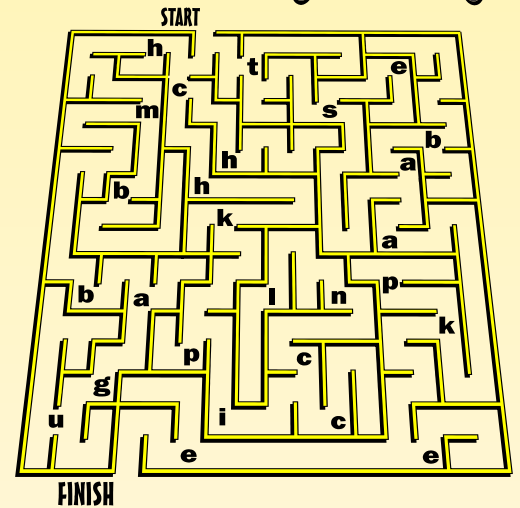
**Lunch**

Pepperoni Pizza  
Spinach Salad w/  
Tomatoes and Ranch  
Fresh Pear  
Milk

**Friday, July 19**

**School  
Is Out  
Have a Great  
Summer**

**W**hat's the #1 favorite grilled food in America? To find out, trace a path through the maze, collecting letters as you go. Then, rearrange the letters you found on the right path to get the answer!



**ANSWER:**