

# 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**

**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>Breakfast</u></b> Cereal w/Graham Cracker Fresh Pear Juice, Milk	<b><u>Breakfast</u></b> Pop Tart Fruit Cup Juice, Milk	<b><u>Breakfast</u></b> Strawberry Bagel Apple Juice, Milk	<b><u>Breakfast</u></b> Cherry Frudel Pineapple Cup Juice, Milk
<b><u>Lunch</u></b> Chicken Nuggets w/Roll French Fries Fresh Orange Milk	<b><u>Lunch</u></b> Cheeseburger on Bun w/lettuce, tomato and onion Carrot Cup w/ Ranch Fresh Watermelon Milk	<b><u>Lunch</u></b> Tuna Salad on Bun w/ lettuce, tomato, onion Cucumber Cup w/ Ranch Strawberries Milk	<b><u>Lunch</u></b> Turkey and Cheese on Roll w/ lettuce Carrots Cup w/Ranch Oranges Milk	<b><u>Lunch</u></b> Spicy Chicken Sandwich w/ lettuce and tomato Green Beans 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>Breakfast</u></b> Confetti Pancakes Fruit Cup Juice, Milk	<b><u>Breakfast</u></b> Cinnamon Pull Apart Apple Slices Juice, Milk	<b><u>No School</u></b>	<b><u>No School Happy Independence</u></b>
<b><u>Lunch</u></b> Pepperoni Pizza Tossed Salad w/ Tomatoes, Cucumbers Fresh Pear Milk	<b><u>Lunch</u></b> Spicy Chicken Sandwich w/ lettuce and tomato Romaine Salad w/ Mashed Potatoes Strawberries Milk	<b><u>Lunch</u></b> BLT Salad w/ Ranch 2 Cheesy Bread Sticks French Fries Fresh Watermelon Milk		

**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.**

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

# 2019 Summer Meals Sites

**Monday, July 8**

**Breakfast**

Cereal/Graham Cracker  
Fresh Pear  
Juice, Milk

**Lunch**

Cheeseburger on  
Bun w/ lettuce,  
tomato and onion  
Carrots w/ Ranch  
Apple  
Milk

**Tuesday, July 9**

**Breakfast**

Strawberry Bagel  
Apple  
Juice, Milk

**Lunch**

Turkey and Cheese  
on Bun w/ lettuce  
French Fries  
Fresh Orange  
Milk

**Wednesday, July 10**

**Breakfast**

Pancake Wrap  
Applesauce  
Juice, Milk

**Lunch**

Chicken Fillet on Bun  
w/lettuce, tomato  
Spinach Salad w/  
Mashed Potatoes  
Fresh Watermelon  
Milk

**Thursday, July 11**

**Breakfast**

Cherry Frudel  
Pineapple Cup  
Juice, Milk

**Lunch**

Pepperoni Pizza  
Corn  
Carrot Cup and  
Ranch  
Fresh Pear  
Milk

**Friday, July 12**

**No School**

**Monday, July 15**

**Breakfast**

Confetti Pancakes  
Fruit Cup  
Juice, Milk

**Lunch**

Chicken Fillet on Bun  
w/lettuce, tomato  
Lima Beans  
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 Apple  
Milk

**Thursday, July 18**

**Breakfast**

Pancake Wrap  
Applesauce  
Juice, Milk

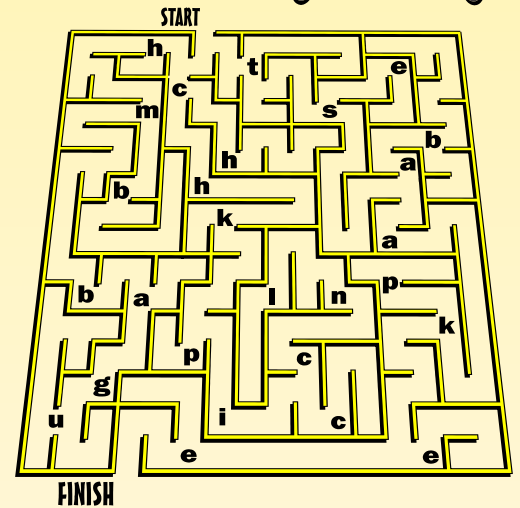
**Lunch**

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:**