

Southampton County Public Schools

High School Lunch
HHFKA - 9-12

January Lunch Menu

Southampton High School

Menu Subject to Change do to Availability

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 6 PIZZA BY SMART MO TANGERINE CHICKE W/FRIED RICE TACO SALAD CHICKEN SALAD WR MINH FRIED RICE MARINARA CUP OVEN BAKED FRENC STEAMED BROCCOL GLAZED CARROTS FRUIT,FRESH ASSO ASSORTED CAN AND FRUIT MILK 1% WHITE MILK	Jan - 7 CORN CHOWDER PHILLY CHEESE SUB PIZZA BY SMART MO BLT MARINARA CUP CARROT STICKS W/L ENTREE SALAD FRUIT,FRESH ASSO ASSORTED CAN AND FRUIT 1% WHITE MILK MILK	Jan - 1 Jan - 8 PIZZA BY SMART MO RODEO BURGER CHICKEN SALAD HAM AND CHEESE W YOGURT W/WOW BU & GOLD FISH CRACK OVEN BAKED FRENC MARINARA CUP OVEN BAKED FRENC COOKED GREEN BE ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO MILK 1% WHITE MILK	Jan - 2 Jan - 9 MANAGERS SPECIAL	Jan - 3 Jan - 10 BEEF STROGONOFF WITH WG ROLL PIZZA BY SMART MO CHICKEN NUGGET S BLT MARINARA CUP OVEN BAKED FRENC CORN CUCUMBER W/LF DI ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO MILK 1% WHITE MILK
Jan - 13 MANAGERS SPECIAL	Jan - 14 OVEN BAKED CHICK WITH WG ROLL PIZZA BY SMART MO CHICKEN CEASAR W TACO SALAD MARINARA CUP SWEET POTATO, BA CORN ON THE COB FRUIT,FRESH ASSO ASSORTED CAN AND FRUIT 1% WHITE MILK MILK	Jan - 15 PIZZA BY SMART MO TEMPURA CHICKEN WITH WG ROLL CHICKEN CAESAR S COMBO SUB MARINARA CUP GREEN PEAS MASH POTATOES ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO MILK 1% WHITE MILK	Jan - 16 HAM AND CHEESE W CHICKEN SANDWICH PIZZA BY SMART MO TACO SALAD CRACKERS MARINARA CUP OVEN BAKED FRENC COLE SLAW SWEET POTATO FRI ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO MILK 1% WHITE MILK	Jan - 17 CHICKEN PARMESA WG ROLL W/EITHER PIZZA BY SMART MO CHICKEN WRAP TACO SALAD CRACKERS MARINARA CUP OVEN BAKED FRENC ROMAINE & SPINACH W/TOMATO CUCUMBER W/LF DI ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO 1% WHITE MILK MILK
Jan - 20 NO SCHOOL TODAY	Jan - 21 PIZZA BY SMART MO SOFT BEEF TACO SPANISH RICE W/EIT TACO SALAD CHICKEN WRAP MARINARA CUP OVEN BAKED FRENC BLACK BEAN SALSA CORN ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO MILK 1% WHITE MILK	Jan - 22 MANAGERS SPECIAL	Jan - 23 WITH WG ROLL Beef Veggie Soup PIZZA BY SMART MO CHICKEN WRAP BBQ Chicken Salad MARINARA CUP ROMAINE SALAD W/ OVEN BAKED FRENC FRUIT,FRESH ASSO ASSORTED CAN AND FRUIT 1% WHITE MILK MILK	Jan - 24 PIZZA BY SMART MO TEMPURA CHICKEN WITH WG ROLL HAM, TURKEY AND C WRAP SOUTHWEST CHICK SALAD YOGURT W/WOW BU & GOLD FISH CRACK MARINARA CUP CARROT STICKS W/L OVEN BAKED FRENC ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO 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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Jan 6, 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 27 PIZZA BY SMART MO CHICKEN POT PIE CORNBREAD W/EITE CHICKEN NUGGET S VARIETY OF SANDWI WRAPS OVEN BAKED FRENC BEETS MARINARA CUP CHERRY TOMATO W/ SWEET POTATO FRI SQUASH,SUMMER ASSORTED CAN AND FRUIT FRUIT,FRESH ASSO 1% WHITE MILK MILK	Jan - 28 TEXAS PORK BQ SA PIZZA BY SMART MO COMBO SUB ENTREE SALAD MARINARA CUP BUSH'S BAKED BEAN COLE SLAW FRUIT,FRESH ASSO ASSORTED CAN AND FRUIT 1% WHITE MILK MILK	Jan - 29 Chicken Tortilla Soup BREADED MOZZARE CHEESE STICKS W/CORNBREAD PIZZA BY SMART MO CHICKEN WRAP SOUTHWEST CHICK SALAD MARINARA CUP CARROT STICKS W/L BAKED POTATO ROMAINE & SPINACH W/TOMATO FRUIT,FRESH ASSO ASSORTED CAN AND FRUIT 1% WHITE MILK MILK	Jan - 30 MANAGERS SPECIAL	Jan - 31 Pork BBQ Pizza Korean BBQ Sauce PIZZA BY SMART MO DILLY CHICKEN SAN CHICKEN SALAD WR MARINARA CUP CHERRY TOMATO W/ OVEN BAKED FRENC BROCCOLI W/CHEES FRUIT,FRESH ASSO ASSORTED CAN AND FRUIT 1% WHITE MILK MILK

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