

Southampton County Public Schools

Southampton Middle Lunch Menu

Menu is Subject to Change do to Availability

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Jan - 6</p> <p>TANGERINE CHICKE W/FRIED RICE MINH FRIED RICE CHEESEBURGER ON TACO SALAD CHICKEN SALAD WR STEAMED BROCCOL GLAZED CARROTS BLACK BEAN SALSA YOGURT W/WOW BU & GOLD FISH CRACK FRUIT,FRESH ASSO MILK 1% WHITE MILK</p>	<p>Jan - 7</p> <p>CORN CHOWDER PHILLY CHEESE SUB WARM CHEESE SAN BLT CARROT STICKS W/L YOGURT W/WOW BU & GOLD FISH CRACK ENTREE SALAD ASSORTED CAN AND FRUIT 1% WHITE MILK MILK</p>	<p>Jan - 1 Jan - 8</p> <p>Pork BBQ Pizza Korean BBQ Sauce DILLY CHICKEN SAN CHICKEN SALAD WR YOGURT W/WOW BU & GOLD FISH CRACK BBQ Chicken Salad CHERRY TOMATO W/ OVEN BAKED FRENC BUSH'S VEGETARIA BEANS BROCCOLI W/CHEES ASSORTED CAN AND FRUIT 1% WHITE MILK MILK</p>	<p>Jan - 2 Jan - 9</p> <p>MANAGERS SPECIAL</p>	<p>Jan - 3 Jan - 10</p> <p>CHICKEN A LA KING TEMPURA CHICKEN WITH WG ROLL CHICKEN CAESAR S COMBO SUB YOGURT W/WOW BU & GOLD FISH CRACK GREEN PEAS MASH POTATOES FRUIT,FRESH ASSO MILK 1% WHITE MILK</p>
<p>Jan - 13</p> <p>FISH SANDWICH CORN DOG ANYTIMERS: TURKE AND CHEESE TACO SALAD YOGURT W/WOW BU & GOLD FISH CRACK COLE SLAW SWEET POTATO FRI FRUIT,FRESH ASSO MILK 1% WHITE MILK</p>	<p>Jan - 14</p> <p>SOFT BEEF TACO SPANISH RICE W/EIT CHEESEBURGER ON TACO SALAD CHICKEN WRAP YOGURT W/WOW BU & GOLD FISH CRACK BLACK BEAN SALSA CORN FRUIT,FRESH ASSO MILK 1% WHITE MILK</p>	<p>Jan - 15</p> <p>WITH WG ROLL Beef Veggie Soup CHEESEBURGER ON CHICKEN WRAP BBQ Chicken Salad ROMAINE SALAD W/ OVEN BAKED FRENC ASSORTED CAN AND FRUIT 1% WHITE MILK MILK</p>	<p>Jan - 16</p> <p>MANAGERS SPECIAL</p>	<p>Jan - 17</p> <p>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/ SQUASH,SUMMER FRUIT,FRESH ASSO 1% WHITE MILK MILK</p>
<p>Jan - 20</p> <p>NO SCHOOL TODAY</p>	<p>Jan - 21</p> <p>Chicken Tortilla Soup W/CORNBREAD CHEESE TOAST YOGURT W/WOW BU & GOLD FISH CRACK CHICKEN WRAP SOUTHWEST CHICK SALAD CARROT STICKS W/L BAKED POTATO ROMAINE & SPINACH W/TOMATO ASSORTED CAN AND FRUIT 1% WHITE MILK MILK</p>	<p>Jan - 22</p> <p>OVEN BAKED CHICK WITH WG ROLL HOT DOG ON A BUN CHICKEN CEASAR W TACO SALAD YOGURT W/WOW BU & GOLD FISH CRACK SWEET POTATO, BA CORN ON THE COB ASSORTED CAN AND FRUIT 1% WHITE MILK MILK</p>	<p>Jan - 23</p> <p>MANAGERS SPECIAL</p>	<p>Jan - 24</p> <p>SHRIMP POPPERS & MAC N CHEESE WITH WG ROLL CHICKEN SANDWICH YOGURT W/WOW BU & GOLD FISH CRACK CHICKEN CEASAR W CHICKEN SALAD OVEN BAKED FRENC MIXED VEGGIES FRUIT,FRESH ASSO 1% WHITE MILK MILK</p>

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.

Southampton County Public Schools

Middle School Lunch

HHFKA - 6-8

January

Southampton Middle Lunch Menu

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Jan 6, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 27	Jan - 28	Jan - 29	Jan - 30	Jan - 31
FISH STICKS TEMPURA CHICKEN WITH WG ROLL YOGURT W/WOW BU & GOLD FISH CRACK TACO SALAD CUBAN SLIDERS COLE SLAW BUSH'S VEGETARIA BEANS FRUIT,FRESH ASSO 1% WHITE MILK MILK	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	MANAGERS SPECIAL	LOADED NACHOS CORN DOG YOGURT W/WOW BU & GOLD FISH CRACK BBQ Chicken Salad CHICKEN WRAP CARROT STICKS W/L CORN ON THE COB FRUIT,FRESH ASSO MILK 1% WHITE MILK	TURKEY BACON SLI CHEESEBURGER ON CHICKEN SALAD WR BBQ Chicken Salad YOGURT W/WOW BU & GOLD FISH CRACK ROMAINE & SPINACH W/TOMATO STEAMED BROCCOL FRUIT,FRESH ASSO 1% WHITE MILK MILK

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

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