

Southampton County Public Schools
 High School Lunch
 March Lunch Menu
 Southampton High School

Menu Subject to Change do to Availability

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 2 PIZZA BY SMART MOUTH PHILLY CHEESE SUB BLT ENTREE SALAD Tomato Soup OVEN BAKED FRENCH FRIE MARINARA CUP CUCUMBER W/LF DIP FRUIT,FRESH ASSORTED ASSORTED CAN AND FRES FRUIT 1% WHITE MILK MILK	Mar - 3 PIZZA BY SMART MOUTH RODEO BURGER CHICKEN SALAD HAM AND CHEESE WRAP MARINARA CUP OVEN BAKED FRENCH FRIE COOKED GREEN BEANS BUSH'S BAKED BEANS ASSORTED CAN AND FRES FRUIT FRUIT,FRESH ASSORTED MILK 1% WHITE MILK	Mar - 4 PIZZA BY SMART MOUTH CHICKEN TETRAZZINI WITH WG ROLL CHICKEN WRAP TACO SALAD CRACKERS YOGURT W/WOW BUTTER & GOLD FISH CRACKERS OVEN BAKED FRENCH FRIE MARINARA CUP STEAMED BROCCOLI GLAZED CARROTS ASSORTED CAN AND FRES FRUIT FRUIT,FRESH ASSORTED MILK 1% WHITE MILK	Mar - 5 PIZZA BY SMART MOUTH BEEF STROGONOFF WITH WG ROLL CHICKEN NUGGET SALAD BLT MARINARA CUP OVEN BAKED FRENCH FRIE CORN CUCUMBER W/LF DIP ROMAINE & SPINACH SALAD W/TOMATO ASSORTED CAN AND FRES FRUIT FRUIT,FRESH ASSORTED MILK 1% WHITE MILK	Mar - 6 PIZZA BY SMART MOUTH SALISBURY STEAK WITH WG ROLL ENTREE SALAD HAM, TURKEY, BACON AND CHEESE WRAP MARINARA CUP MASH POTATOES GREEN PEAS CARROT STICKS W/LF DIP FRUIT,FRESH ASSORTED ASSORTED CAN AND FRES FRUIT 1% WHITE MILK MILK
Mar - 9 PIZZA BY SMART MOUTH OVEN BAKED CHICKEN WITH WG ROLL CHICKEN CEASAR WRAP TACO SALAD MARINARA CUP SWEET POTATO, BAKED CORN ON THE COB FRUIT,FRESH ASSORTED ASSORTED CAN AND FRES FRUIT 1% WHITE MILK MILK	Mar - 10 PIZZA BY SMART MOUTH TEMPURA CHICKEN NUGGE WITH WG ROLL CHICKEN CAESAR SALAD COMBO SUB MARINARA CUP GREEN PEAS MASH POTATOES ASSORTED CAN AND FRES FRUIT FRUIT,FRESH ASSORTED MILK 1% WHITE MILK	Mar - 11 PIZZA BY SMART MOUTH DILLY CHICKEN SANDWICH TACO SALAD CRACKERS HAM AND CHEESE WRAP MARINARA CUP OVEN BAKED FRENCH FRIE COLE SLAW BUSH'S BAKED BEANS ASSORTED CAN AND FRES FRUIT FRUIT,FRESH ASSORTED MILK 1% WHITE MILK	Mar - 12 PIZZA BY SMART MOUTH CHICKEN PARMESAN W/SPA WG ROLL W/EITHER CHICKEN WRAP TACO SALAD CRACKERS MARINARA CUP OVEN BAKED FRENCH FRIE ROMAINE & SPINACH SALAD W/TOMATO CUCUMBER W/LF DIP ASSORTED CAN AND FRES FRUIT FRUIT,FRESH ASSORTED 1% WHITE MILK MILK	Mar - 13 PIZZA BY SMART MOUTH SOFT BEEF TACO SPANISH RICE W/EITHER TACO SALAD CHICKEN WRAP MARINARA CUP OVEN BAKED FRENCH FRIE BLACK BEAN SALSA Taco Topping CORN ASSORTED CAN AND FRES FRUIT FRUIT,FRESH ASSORTED MILK 1% WHITE 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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Mar - 16 PIZZA BY SMART MOUTH CHEESEBURGER ON A BUN HAM AND CHEESE WRAP W/BACON TACO SALAD CRACKERS MARINARA CUP BAKED POTATO TURNIP GREENS ASSORTED CAN AND FRES FRUIT FRUIT,FRESH ASSORTED 1% WHITE MILK MILK	Mar - 17 PIZZA BY SMART MOUTH BBQ Chicken BISCUIT CHICKEN WRAP BBQ Chicken Salad MARINARA CUP CABBAGE Potatoes, Boiled FRUIT,FRESH ASSORTED FRUIT COCKTAIL 1% WHITE MILK MILK	Mar - 18 PIZZA BY SMART MOUTH TEMPURA CHICKEN NUGGE WITH WG ROLL HAM, TURKEY AND CHEESE WRAP SOUTHWEST CHICKEN ENT SALAD MARINARA CUP CARROT STICKS W/LF DIP OVEN BAKED FRENCH FRIE BUSH'S BAKED BEANS ASSORTED CAN AND FRES FRUIT FRUIT,FRESH ASSORTED 1% WHITE MILK MILK	Mar - 19 PIZZA BY SMART MOUTH CHICKEN POT PIE CORNBREAD W/EITER CHICKEN NUGGET SALAD VARIETY OF SANDWICH ME WRAPS OVEN BAKED FRENCH FRIE BEETS MARINARA CUP CHERRY TOMATO W/LF DIP STEAMED BROCCOLI ASSORTED CAN AND FRES FRUIT FRUIT,FRESH ASSORTED 1% WHITE MILK MILK	Mar - 20 PIZZA BY SMART MOUTH TEXAS PORK BQ SANDWICH COMBO SUB ENTREE SALAD MARINARA CUP BUSH'S BAKED BEANS COLE SLAW OVEN BAKED FRENCH FRIE FRUIT,FRESH ASSORTED ASSORTED CAN AND FRES FRUIT 1% WHITE MILK MILK
Mar - 23 PIZZA BY SMART MOUTH Chicken Tortilla Soup W/CORNBREAD CHICKEN WRAP SOUTHWEST CHICKEN ENT SALAD MARINARA CUP CARROT STICKS W/LF DIP BAKED POTATO ROMAINE & SPINACH SALAD W/TOMATO FRUIT,FRESH ASSORTED ASSORTED CAN AND FRES FRUIT 1% WHITE MILK MILK	Mar - 24 PIZZA BY SMART MOUTH BREADED FRITTER WITH WG ROLL HAM SANDWICH CHICKEN SALAD MARINARA CUP SWEET POTATO, BAKED CABBAGE ASSORTED CAN AND FRES FRUIT FRUIT,FRESH ASSORTED 1% WHITE MILK MILK	Mar - 25 PIZZA BY SMART MOUTH SHRIMP POPPERS & MAC N CHEESE WITH WG ROLL CHICKEN CEASAR WRAP ENTREE SALAD MARINARA CUP CHERRY TOMATO W/LF DIP OVEN BAKED FRENCH FRIE BROCCOLI W/CHEESE FRUIT,FRESH ASSORTED ASSORTED CAN AND FRES FRUIT 1% WHITE MILK MILK	Mar - 26 PIZZA BY SMART MOUTH Goose Moose Burger Super-Stoo-Pendus Salad CHICKEN SALAD WRAP MARINARA CUP OVEN BAKED FRENCH FRIE STEAMED BROCCOLI FRUIT,FRESH ASSORTED ASSORTED CAN AND FRES FRUIT MILK 1% WHITE MILK	Mar - 27 PIZZA BY SMART MOUTH OVEN FRIED CHICKEN DRUMSTICK MAC N CHEESE CORNBREAD W/EITER TACO SALAD CHICKEN SALAD WRAP MARINARA CUP COLLARDS BLACK-EYED PEAS FRUIT,FRESH ASSORTED ASSORTED CAN AND FRES FRUIT MILK 1% WHITE MILK

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