



WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2012

SOUTHAMPTON MIDDLE SCHOOL

Monday, January 2
 Chicken Sandwich

Choose Two:
 Green Peas
 Sliced Apples
 Juice

Choice of Cold Milk

Tuesday, January 3
 Hotdog/Bun

Choose Two:
 Baked Beans
 Fruit
 Juice

Choice of Cold Milk

DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. That's a wellness win-win!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Wed., January 4
 Spaghetti with Meat Sauce/Roll

Choose Two:
 Tossed Salad
 Peaches
 Juice

Choice of Cold Milk

Thursday, January 5
 Hamburger/Bun

Choose Two:
 Potato Wedges
 Fruit
 Juice

Choice of Cold Milk

Friday, January 6
 Cheese Flatbread Pizza

Choose Two:
 Corn
 Applesauce
 Juice

Choice of Cold Milk

Eat up.



When kids "eat up," their grades go up, too. Research strongly suggests that kids who regularly eat balanced, nutritious meals pay better attention in class, participate more, and even score better on tests. We

try to do our part by providing healthy meals at school, so we hope you will encourage your kids to join us often!

Breakfast **Lunch**

Monday, January 9
 Chicken Nuggets Roll

Choose Two:
 Green Peas
 Fruit
 Juice


Choice of Cold Milk

Tuesday, January 10
 Fish Sticks Roll

Choose Two:
 Baked Beans
 Fresh Fruit
 Juice

Choice of Cold Milk

Chionophobia



Word play

"Chionophobia" is the fear of snow or being snowbound.

Wed., January 11
 Baked Chicken Roll

Choose Two:
 Steamed Cabbage
 Sliced Potatoes
 Juice

Choice of Cold Milk

Thursday, January 12
 CornDog

Choose Two:
 Broccoli
 Sliced Carrots
 Juice

Choice of Cold Milk

Friday, January 13
 LEE/JACKSON DAY

Get in touch with us today to learn more

Monday, January 16

M.L. KING DAY

Tuesday, January 17

Chicken Sandwich

Choice of Two:
Corn
Candied Yams
Juice

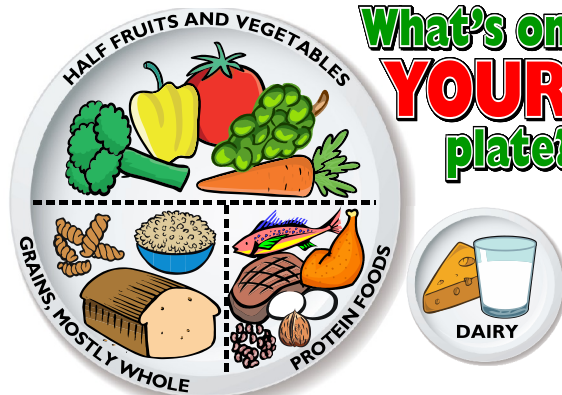
Choice of Cold Milk

Wed., January 18

Ham/Cheese/Bun

Choice of Two
Green Beans
Fruit Juice

Choice of Cold Milk



Purple Carrots?!



It's true -- until a few hundred years ago, carrots were purple, not orange. Dutch farmers in the late 16th century began to take "mutant" white and yellow carrots and cultivate them selectively until they had developed something closer to the sweet, tasty orange carrots we love today!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Thursday, January 19

Cheeseburger/Bun

Choice of Two
Potato Rounds
Sliced Carrots
Juice

Choice of Cold Milk

Friday, January 20

Hotdog/Bun

Choice of Two
Baked Beans
Fruit Juice

Choice of Cold Milk

Monday, January 23

Chicken Nuggets Roll

Choice of Two
Green Peas
Fruit Juice

Choice of Cold Milk

Tuesday, January 24

Fish Sticks Roll

Choice of Two
Cabbage
Boiled Potatoes
Juice

Choice of Cold Milk

WED., JANUARY 25

Pork Chop Sandwich

Choice of Two
Corn
Fruit Juice

Choice of Cold Milk

BREAKFAST MENU:

Cereal/graham crackers will be a daily entrée choice. Other choices include:

Monday—Breakfast Pizza OR Yogurt/Graham Crackers

Tuesday—Pancake/Sausage Wrap OR Super Donut

Wednesday—MiniPancakes OR Cinnamon Roll

Thursday—Meat Biscuit OR Frudel

Friday—Pop Tarts OR French Toast Sticks

Fruit or Juice served daily.

Choice of Milk daily.

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Monday, January 30

PROFESSIONAL DAY

Tuesday, January 31

PROFESSIONAL DAY

Students may purchase meals by the day, week, month or year.

Menus are subject to change due to product availability.

Don't forget your breakfast and lunch money!!

Thursday, January 26

CornDog

Choice of Two
Broccoli
Mixed Fruit
Juice

Choice of Cold Milk

Friday, January 27

Hamburger/Bun

Choice of Two
Baked Sweet
Potato Fries
Fruit Juice

Choice of Cold Milk

Available Daily

**Other choice may include
chef salad; chicken, ham
or tuna salad; pizza;**