Southampton School Lunch Menu pre-k -8th

November 2026

EAT SMART
BE SMART



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 French Roast W/ Sausage Hot Dog On Bun Hash Brown Cucumber Slices	**3** Buffalo Chicken Quesidilla **Pre-k Chicken Quesidilla** Hot Dog On Bun Golden Corn Black Beans	**4** Pizza Hot Dog On Bun Side Salad	**5** No School	**6** No School
9 Chicken Patty on Bun Grilled Cheese Sauteed Spinach Red Pepper Slices	**10** Pulled Pork Tacos Grilled Cheese Refried Beans Cabbage Slaw	**11** Egg patty & Pancakes Grilled Cheese Hash Brown Potato Fresh Cucumber Slices	**12** Pulled BBQ Ck sandwich Grilled Cheese Baked beans Baby Carrots	**13** Pizza Grilled Cheese Side Salad
16 Chicken Nuggets with Roll Hot Dog on Bun Oven Fries Baby Carrots	**17** Cheese Burger On Bun Hot Dog On Bun Green Beans Caesar Salad	**18** Pizza Hot Dog On Bun Side Salad	**19** Early dismissal No lunches Served	**20** Early Dismissal No lunches Served
23 Early Dismissal No Lunches Served	**24** Early Dismissal No Lunches Served	**25** Early Dismissal No Lunches Served	**26** Happy Thanksgiving	**27** No School
30 Chicken Cheese Steak Cheeseburger on Bun Green Beans Cucumber Slices				

MAKE IT A MEAL!
Choose at least **3** of **5** meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices
Student $3.70
Adult $5.00

Available Daily
Turkey & Cheese Hoagies
Italian Hoagies

Garden Salad w/cheese

Fruit & Veggie Selection
Assorted Fresh Fruit and Cupped Fruit

Students may choose up to two ½ cup servings of fruits and vegetables.

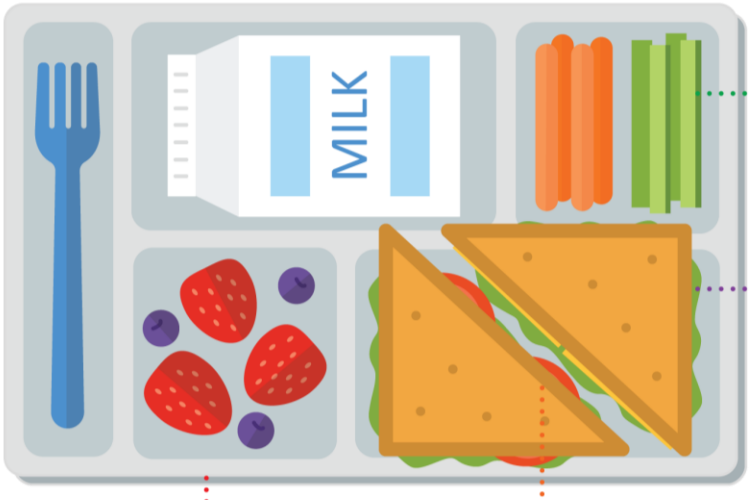
Milk Selection
1% milk , Fat Free Chocolate milk

Your Dining Services Team
Nancy Piazza
Food Service Director
ma1569@metzcorp.com

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (H) Halal

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz



MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

MAKE IT A MEAL!

Choose at least **3** of **5** meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or vegetable must accompany a school lunch.

LUNCH PRICES

Student Lunch:	$3.70
Adult Lunch:	$5.00

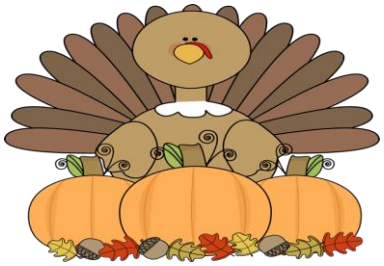
schoolcafé

View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.

Meet Your nutritious friends



Try quinoa on the menu this month!



YOUR DINING SERVICES TEAM
Nancy Piazza, General Manager
ma1569@metzcorp.com

NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz