

**Hampton City Schools
Breakfast Menu - Secondary Schools**

BREAKFAST PRICES
Elementary/Secondary - \$.90
Reduced - Free
Adult/Non-student - A la Carte



A variety of milk is offered daily.

Week 1					1				
<i>Entrees (Choose 1)</i>					WG Sausage Pancake on Stick				
					WG Breakfast Cereal				
					Yogurt w/ Graham Crackers				
Fruit									
Juice									
Baby Carrots									
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>					Milk				
<i>Milk (Choose 1)</i>									
Week 2					4	5	6	7	8
<i>Entrees (Choose 1)</i>	Pop-Tart & Mozzarella String Cheese Stick	WG Apple Cinnamon French Toast	Sausage Panwich	Turkey Ham, Egg & Cheese Croissanwich	WG Fortified Donut				
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal				
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers				
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit	Fruit	Fruit				
	Juice	Juice	Juice	Juice	Juice				
	Baby Carrots	Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots				
<i>Milk (Choose 1)</i>	Milk	Milk	Milk	Milk	Milk				
Week 1					11	12	13	14	15
<i>Entrees (Choose 1)</i>	Breakfast Pizza	Turkey Ham and Cheese on Hawaiian Bread	Chicken Biscuit Sandwich	Scrambled Eggs, Sausage & Toast	WG Sausage Pancake on Stick				
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal				
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers				
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit	Fruit	Fruit				
	Juice	Juice	Juice	Juice	Juice				
	Baby Carrots	Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots				
<i>Milk (Choose 1)</i>	Milk	Milk	Milk	Milk	Milk				
Week 2					18	19	20	21	22
<i>Entrees (Choose 1)</i>	Pop-Tart & Mozzarella String Cheese Stick	WG Apple Cinnamon French Toast	Sausage Panwich						
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal						
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers						
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit						
	Juice	Juice	Juice						
	Baby Carrots	Baby Carrots	Hashbrown						
<i>Milk (Choose 1)</i>	Milk	Milk	Milk						
Snack-Fast (Every Week) (One juice per meal)					Monday	Tuesday	Wednesday	Thursday	Friday
					Pop-Tart & Cheese Stick	Fruit Loops & Cheese Stick	Cinnamon Graham & Cheese Stick	Strawberry Crisp Bar & Cheese Stick	Goldfish Graham & Cheese Stick
					Fruit	Fruit	Fruit	Fruit	Fruit
					Juice	Juice	Juice	Juice	Juice

This district is an equal opportunity provider.

As always, the choice of menu items belongs to the student. For optimum nutrition, students are encouraged to take all five components; however, if the student chooses three or four components, **one of the components must be a fruit or vegetable serving.**

Menu subject to change.