


Hampton City Schools
Lunch Menu - Elementary Schools



LUNCH PRICES
Elementary \$1.95
Secondary \$2.15
Reduced \$0.40
Adult/Non-student - A la Carte

A variety of milk is offered daily.

1									
Entrees (Choose 1)						Cheeseburger or Hamburger			
						Pizza - Cheese or Pepperoni			
						Turkey Chef Salad			
						Yogurt w/ Grain			
Veggies (May choose 2)						Jammer Sandwich w/ Graham Crackers & Cheese			
						Garden Side Salad			
						Roasted Potato Medley			
Fruits (May choose 2) *One fruit juice per meal						Fresh Fruit			
						Frozen Fruit Juice Cup			
4		5		6		7		8	
Entrees (Choose 1)	Toasted Garlic Cheese Bread w/ Marinara Sauce	Pizza, Pepperoni OR Cheese	Meaty Cheese Nachos	Breakfast 4 Lunch French Toast, Sausage Link & Scrambled Eggs	Chicken Filet Sandwich Regular OR Spicy				
	Chicken Tenders & Roll				Fishermans Catch Fish & Corn Bread				
	Chopped Salad Chicken & Bacon Chopped Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Turkey Chef Salad				
	Yogurt w/ Grain				Jammer Sandwich w/ Graham Crackers & Cheese				
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese				
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad				
	Oven Roasted Cabbage	Seasoned Green Beans	Refried Beans	Tater Tots	Sweet Potato Waffle Fries				
	Fresh Cucumber Sticks	Fresh Veggie Medley	Fresh Baby Carrots	Fresh Broccoli	Fresh Cauliflower				
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit				
	Chilled Pineapple Cup	Chilled Peach Cup	Chilled Applesauce Cup	100 % Fruit Juice	Frozen Fruit Juice Cup				

	11	12	13	14	15
Entrees (Choose 1)	Pasta Bake	Toasted Grilled Cheese Sandwich & Soup	BYOT (Build Your Own Taco)	Hot Dog on Bun	Chicken Wings w/ Rolls
	Rib B Que Sandwich				
	Chopped Salad Chicken & Bacon Chopped Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Tuna Chef Salad
	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Broccoli	Spicy Corn	Fiesta Black Beans	Peas & Mushrooms	Potato Side Winders
	Fresh Celery Sticks	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	Fresh Veggie Medley
Fruits (May choose 2) <i>*One fruit juice per meal</i>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	100 % Fruit Juice	Frozen Fruit Juice Cup
	18	19	20		
Entrees (Choose 1)	Vegetable Bake & Toasted Garlic Cheese Bread	General Tso w/ Rice & Egg Roll	Roasted Chicken w/ Macaroni & Cheese and Roll		
	Chicken Bites & Rolls				
	Chopped Salad Chicken & Bacon Chopped Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad		
	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain		
Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese			
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad		
	Steamed Corn	Sauteed Mixed Greens	Baked Beans		
	Fresh Celery Sticks	Fresh Cucumbers	Fresh Cauliflower		
Fruits (May choose 2) <i>*One fruit juice per meal</i>	Fresh Fruit	Fresh Fruit	Fresh Fruit		
	Chilled Peach Cup	Chilled Pear Cup	Chilled Mixed Fruit Cup		

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.