

**Hampton City Schools
Lunch Menu - Elementary Schools
September**

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

A variety of milk is offered daily.

Week 1	4	5	6	7	8
Entrees (Choose 1)		General Tso w/ Rice & Egg Roll	Roasted Chicken w/ Macaroni & Cheese and Roll	Spaghetti w/ Meatsauce & Garlic Bread	Cheeseburger or Hamburger
		Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Pizza - Cheese or Pepperoni
		Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Grahams, Fruit)	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Grahams, Fruit)	Turkey Chef Salad
		Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Yogurt w/ Grain
Veggies (May choose 2)		Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
		Sauteed Mixed Greens	Baked Beans	Steamed Broccoli	Roasted Potato Medley
		Fresh Cucumbers	Fresh Cauliflower	Fresh Baby Carrots	Fresh Vegetable Medley
Fruits (May choose 2) *One fruit juice per meal		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
		Chilled Pear Cup	Chilled Mixed Fruit Cup	Chilled Applesauce Cup	Frozen Fruit Juice Cup
Week 2	11	12	13	14	15
Entrees (Choose 1)	Toasted Garlic Cheese Bread w/ Marinara Sauce Chicken Tenders & Roll	Pizza, Pepperoni OR Cheese	Meaty Cheese Nachos	Breakfast 4 Lunch <small>French Toast, Sausage Link & Scrambled Eggs</small>	Chicken Filet Sandwich <small>Regular OR Spicy</small> Fishermans Catch <small>Fish & Corn Bread</small>
	Chopped Salad <small>Chicken & Bacon Chopped Salad</small>	Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Turkey Chef Salad
	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
Week 3	18	19	20	21	22
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) *One fruit juice per meal	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

Week 1	25	26	27	28	29
Entrees (Choose 1)	Vegetable Bake & Toasted Garlic Cheese Bread	General Tso w/ Rice & Egg Roll	Roasted Chicken w/ Macaroni & Cheese and Roll	Spaghetti w/ Meatsauce & Garlic Bread	Cheeseburger or Hamburger
	Chicken Bites & Rolls				Pizza - Cheese or Pepperoni
	Chopped Salad Chicken & Bacon Chopped Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Turkey 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 Corn	Sauteed Mixed Greens	Baked Beans	Steamed Broccoli	Roasted Potato Medley
	Fresh Celery Sticks	Fresh Cucumbers	Fresh Cauliflower	Fresh Baby Carrots	Fresh Vegetable Medley
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Peach Cup	Chilled Pear Cup	Chilled Mixed Fruit Cup	Chilled Applesauce Cup	Frozen Fruit Juice 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.**

A variety of milk is offered daily.