

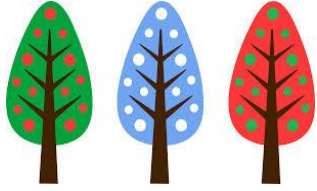
Hampton City Schools
Lunch Menu - Phoebus High & Hampton High Schools



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)	Seafood Platter Fish, Shrimp & Corn Bread					
	Pizza, Pepperoni OR Cheese - Big Daddy					
	Southern Chicken Platter Chicken Bites & Corn Bread					
	Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)					
Veggies (May choose 2)	Garden Side Salad					
	Oven Roasted Cabbage					
	Fresh Vegetable Medley					
Fruits (May choose 2)	Fresh Fruit					
	Frozen Fruit Juice Cup					
4	5	6	7	8		
Entrees (Choose 1)	Corn Dog Nuggets	Chicken & Dutch Waffle	<u>Fiesta Bar</u>	Deli Bar (Phoebus Only - HHS will serve Manager's Choice)	Swedish Meatballs w/ Rice & Rolls	
	Pizza Meatlovers - Nardones	Pizza Pepperoni OR Cheese - Big Daddy	<i>Choose 1: Soft or Hard Shell, or Nachos</i>	<i>Choose 1 Grain: Variety</i>	Pizza Pepperoni OR Cheese - Big Daddy	
	Turkey Club Hoagie	Hamburger OR Cheeseburger	<i>Choose 1 Protein: Beef Taco, Chicken OR Fiesta Black Beans (Condiments: Shredded Cheese, Lettuce, Sour Cream, Salsa)</i>	<i>Choose 1 M/MA: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese)</i>	Toasted Grilled Cheese Sandwich & Soup	
	Lunch Pack: (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Turkey Club Flat Wrap	Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Meatball Sub	Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)	
	Chicken Caesar Salad		Chicken Caesar Salad			
	Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)		Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)			
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	
	Steamed Broccoli	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)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup	

	11	12	13	14	15	
Entrees (Choose 1)	Vegetarian Pasta Bake	Chicken with Macaroni & Cheese	<u>Asian Bar</u>	Deli Bar (Phoebus Only - HHS will serve Manager's Choice)	Chicken Wings & Roll	
	Pizza Pepperoni or Cheese - Big Daddy	Pizza Pepperoni or Cheese - Big Daddy	Steamed Rice & Egg Roll	Choose 1 Grain: Variety	Pizza Pepperoni or Cheese - Big Daddy	
	Turkey Club Hoagie	Hamburger OR Cheeseburger	Choose 1: Orange Chicken OR Beef & Broccoli	Choose 1 M/M: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese)		Rib B Que Sandwich
		Turkey Supreme Flat Wrap			Chicken Caesar Salad	Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)
Lunch Pack: (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Chicken Caesar Salad	Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Chicken Caesar Salad	Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)	
	Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)			Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)		
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	
	Spicy Corn	Sauted Mixed Greens	Stir Fry Cabbage	Baked Beans	Potato Sidewinders	
	Fresh Celery Sticks	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	Fresh Veggie Medley	
Fruits (May choose 2)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup	
18						
19						
Entrees (Choose 1)	Vegetable Bake & Toasted Garlic Cheese Bread	Roasted Chicken Drumstick & Rolls	<u>Pasta Bar</u>			
	Pizza, Meatlovers- Big Daddy	Pizza, Pepperoni OR Cheese - Big Daddy	Choose 1: Spaghetti! Noodles OR Penne Noodles			
	Chicken Filet Sandwich	Cheeseburger or Hamburger	Choose 1: Meat Sauce OR Alfredo Garlic Bread			
	Lunch Pack: (1/2 Turkey Club Wrap & 1/2 Chopped Salad, Fruit)	Turkey Supreme Flat Wraps	Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)			
Chicken Caesar Salad						
Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)				
			Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)			
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad		Garden Side Salad		
	Steamed Corn	Au Gratin Potatoes	Steamed Broccoli			
	Fresh Celery Sticks	Fresh Cucumbers	Fresh Cauliflower			
Fruits (May choose 2)	Fresh Fruit	Fresh Fruit	Fresh Fruit			
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce 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 is subject to change.