


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	2	3	4	5
Entrees (Choose 1)		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	Steamed Rice & Egg Roll	Choose 1 Grain: Variety	Pizza Pepperoni or Cheese - Big Daddy
		Hamburger OR Cheeseburger	Choose 1: Orange Chicken OR Beef & Broccoli	Choose 1 M/MA: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese)	Fish Taco
		Turkey Supreme Flat Wrap		Rib & Que Sandwich	
		Chicken Caesar Salad	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)
Veggies (May choose 2)	Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar)	Garden Side Salad	Garden Side Salad	Garden Side Salad	
Fruits (May choose 2)	Garden Side Salad	Sautéed Mixed Greens	Stir Fry Cabbage	Baked Beans	Potato Sidewinders
	Fresh Broccoli	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	Fresh Veggie Medley
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup	
8					
Entrees (Choose 1)	Vegetable Bake & Toasted Garlic Cheese Bread	Roasted Chicken Drumstick & Rolls	<u>Pasta Bar</u>	Deli Bar (Phoebus Only - HHS will serve Manager's Choice)	Seafood Platter Fish, Shrimp & Corn Bread
	Pizza, Meatlovers- Big Daddy	Pizza, Pepperoni OR Cheese - Big Daddy	Choose 1: Spaghetti! Noodles OR Penne Noodles	Variety of Breads	Pizza, Pepperoni OR Cheese - Big Daddy
	Chicken Filet Sandwich	Cheeseburger or Hamburger	Choose 1: Meat Sauce OR Alfredo Garlic Bread	Choose 1: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives,	Southern Chicken Platter Chicken Bites & Corn 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)	Hot Dog w/ Chili & Cheese	Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)
		Chicken Caesar Salad	Chicken Caesar Salad		
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
Fruits (May choose 2)	Steamed Corn	Au Gratin Potatoes	Steamed Broccoli	Baked Beans	Oven Roasted Cabbage
	Fresh Celery Sticks	Fresh Cucumbers	Fresh Cauliflower	Fresh Baby Carrots	Fresh Vegetable Medley
	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
15					
Entrees (Choose 1)		Chicken & Dutch Waffle	<u>Fiesta Bar</u>	Deli Bar (Phoebus Only - HHS will serve Manager's Choice)	Swedish Meatballs w/ Rice & Rolls
		Pizza Pepperoni OR Cheese - Big Daddy	Choose 1: Soft or Hard Shell, or Nachos	Choose 1 Grain: Variety	Pizza Pepperoni OR Cheese - Big Daddy
		Hamburger OR Cheeseburger	Choose 1 Protein: Beef Taco, Chicken OR Fiesta Black Beans (Condiments: Shredded Cheese, Lettuce, Sour Cream, Salsa)	Choose 1 M/MA: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese)	Toasted Grilled Cheese Sandwich & Soup
		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	Chicken Caesar Salad	
Veggies (May choose 2)	Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
Fruits (May choose 2)	Seasoned Green Beans	Refried Beans	Tater Tots	Sweet Potato Waffle Fries	
	Fresh Veggie Medley	Fresh Baby Carrots	Fresh Broccoli	Fresh Cauliflower	
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup	
22					
23					
24					
25					
26					

Entrees (Choose 1)	Vegetarian Pasta Bake	Chicken with Macaroni & Cheese	<u>Asian Bar</u>	Deli Bar (Phoebus Only - HHS will serve Manager's Choice)	
	Pizza Pepperoni or Cheese - Big Daddy	Pizza Pepperoni or Cheese - Big Daddy	Steamed Rice & Egg Roll	Choose 1 Grain: Variety	
	Turkey Club Hoagie	Hamburger OR Cheeseburger	Choose 1: Orange Chicken OR Beef & Broccoli	Choose 1 M/MA: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese)	
		Turkey Supreme Flat Wrap			
	Lunch Pack: (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Chicken Caesar Salad	Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Chicken Caesar Salad	
		Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar)		Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar)	
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	
	Spicy Corn	Sautéed Mixed Greens	Stir Fry Cabbage	Baked Beans	
	Fresh Celery Sticks	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	
Fruits (May choose 2)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	
29		30		31	

Entrees (Choose 1)		Roasted Chicken Drumstick & Rolls	<u>Pasta Bar</u>
		Pizza, Pepperoni OR Cheese - Big Daddy	Choose 1: Spaghetti Noodles OR Penne Noodles
		Cheeseburger or Hamburger	Choose 1: Meat Sauce OR Alfredo Garlic Bread
		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)	
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	
	Au Gratin Potatoes	Steamed Broccoli	
	Fresh Cucumbers	Fresh Cauliflower	
Fruits (May choose 2)	Fresh Fruit	Fresh Fruit	
	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 subject to change.