

## Hampton City Schools Lunch Menu - Phoebus High & Hampton High 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
<b>Entrees (Choose 1)</b>		<b>Roasted Chicken Drumstick &amp; Rolls</b>	<b><u>Pasta Bar</u></b>	<b><u>Deli Bar</u></b>	<b>Seafood Platter Fish &amp; Corn Bread</b>
		<b>Pizza, Pepperoni OR Cheese - Big Daddy</b>	<i>Choose 1: Spaghetti Noodles OR Penne Noodles</i>	<i>Variety of Breads</i>	<b>Pizza, Pepperoni OR Cheese - Big Daddy</b>
		<b>Cheeseburger or Hamburger</b>	<i>Choose 1: Meat Sauce OR Alfredo Garlic Bread</i>	<i>Choose 1: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese)</i>	<b>Southern Chicken Platter Chicken Bites &amp; Corn Bread</b>
		<b>Turkey Supreme Flat Wraps</b>	<b>Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)</b>	<b>Hot Dog w/ Chili &amp; Cheese</b>	<b>Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit )</b>
		<b>Chicken Caesar Salad</b>		<b>Chicken Caesar Salad</b>	
		<b>Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit )</b>		<b>Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit )</b>	
<b>Veggies (May choose 2)</b>		Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
		Au Gratin Potatoes	Steamed Broccoli	Baked Beans	Oven Roasted Cabbage
		Fresh Cucumbers	Fresh Cauliflower	Fresh Baby Carrots	Fresh Vegetable Medley
<b>Fruits (May choose 2)</b>		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
		Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup

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Week 2	11	12	13	14	15
<b>Entrees (Choose 1)</b>	Corn Dog Nuggets	Chicken & Dutch Waffle	<u>Fiesta Bar</u>	<u>Deli Bar</u>	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			
<b>Veggies (May choose 2)</b>	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
<b>Fruits (May choose 2)</b>	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

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Week 3	18	19	20	21	22
<b>Entrees (Choose 1)</b>	Vegetarian Pasta Bake	Chicken with Macaroni & Cheese	<u>Asian Bar</u>  <i>Steamed Rice &amp; Egg Roll</i>   <i>Choose 1: Orange Chicken OR Beef &amp; Broccoli</i>	<u>Deli Bar</u>  <i>Choose 1 Grain: Variety</i>   <i>Choose 1 M/MA: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese)</i>	Chicken Wings & Roll
	Pizza, Meatlovers - Big Daddy	Pizza, Pepperoni OR Cheese - Big Daddy			<b>Pizza, Pepperoni or Cheese - Big Daddy</b>
	<b>Turkey Club Hoagie</b>	<b>Hamburger OR Cheeseburger</b>		<b>Rib B Que Sandwich</b>	
			<b>Turkey Supreme Flat Wrap</b>		<b>Chicken Caesar Salad</b>
	<b>Lunch Pack: (1/2 Turkey Club Hoagie &amp; 1/2 Chopped Salad, Fruit)</b>	<b>Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit )</b>	<b>Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)</b>	<b>Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit )</b>	
<b>Veggies (May choose 2)</b>	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
<b>Fruits (May choose 2)</b>	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

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Week 1	25	26	27	28	29
<b>Entrees (Choose 1)</b>	<b>Vegetable Lasagna &amp; Toasted Garlic Cheese Bread</b>	<b>Roasted Chicken Drumstick &amp; Rolls</b>	<b><u>Pasta Bar</u></b>  <i>Choose 1: Spaghetti Noodles OR Penne Noodles</i>	<b><u>Deli Bar</u></b>  <i>Variety of Breads</i>  <i>Choose 1: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese)</i>	<b>Seafood Platter</b> <span style="float: right;">Fish</span> & Corn Bread
	<b>Pizza, Meatlovers- Big Daddy</b>	<b>Pizza, Pepperoni OR Cheese - Big Daddy</b>			<i>Choose 1: Meat Sauce OR Alfredo Garlic Bread</i>
	<b>Chicken Filet Sandwich</b>	<b>Cheeseburger or Hamburger</b>	<b>Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)</b>	<b>Hot Dog w/ Chili &amp; Cheese</b>  <b>Chicken Caesar Salad</b>	<b>Southern Chicken Platter</b> Chicken Bites & Corn Bread
	<b>Lunch Pack: 1/2 Turkey Club Wrap &amp; 1/2 Chopped Salad, Fruit</b>	<b>Turkey Supreme Flat Wraps</b> <b>Chicken Caesar Salad</b>  <b>Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit- Cinnamon, Fruit )</b>			
<b>Veggies (May choose 2)</b>	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	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
<b>Fruits (May choose 2)</b>	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

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.