




Hampton City Schools
Lunch Menu - Secondary 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 Tenders & Mac&Cheese	B.Y.O.T. (Build Your Own Taco)	Teriyaki Chicken w/ Rice & Egg Roll	Chicken Wings & Roll
		Pizza Big Daddy (Pepperoni OR Cheese)	Pizza Meatlovers - Nardones	Rib B Que Sandwich	Pizza Big Daddy (Pepperoni OR Cheese)
		Hamburger OR Cheeseburger		Hamburger OR Cheeseburger	
		Turkey Supreme Flat Wrap	Chicken Filet Sandwich Original OR Spicy	Italian Flat Wrap	Fish Taco
		Chicken Caesar Salad	Lunch Packs (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Chicken Caesar Salad	Lunch Packs (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, 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	Garden Side Salad	
Fruits (May choose 2)	Sauteed Mixed Greens	Fiesta Black Beans	Steamed Broccoli	Potato Side/Winders	
	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	Fresh Veggie Medley	
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup	
	8	9	10	11	12
Entrees (Choose 1)	Vegetarian Bake & Toasted Garlic Cheese Bread	Roasted Chicken Drumstick & Rolls	Chicken & Dutch Waffle	Spaghetti w/ Meatsauce & Garlic Bread	Seafood Platter Fish & Corn Bread
		Pizza Big Daddy (Pepperoni OR Cheese)		Hot Dog w/ Chili & Cheese	
	Pizza Big Daddy (Pepperoni OR Cheese)	Hamburger OR Cheeseburger	Pizza Meatlovers - Nardones	Hamburger OR Cheeseburger	Pizza Big Daddy (Pepperoni OR Cheese)
	Chicken Filet Sandwich Regular OR Spicy	Turkey Supreme Flat Wraps		Italian Flat Wraps	General Tso w/ Rice & Egg Roll
Lunch Packs 1/2 Turkey Club Wrap & 1/2 Chopped Salad, fruit	Chicken Caesar Salad	Lunch Packs (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Chicken Caesar Salad	Lunch Packs (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, 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	Garden Side Salad	Garden Side Salad
Fruits (May choose 2)	Steamed Corn	Au Gratin Potatoes	Baked Beans	Steamed Broccoli	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	16	17	18	19
Entrees (Choose 1)	 Martin Luther King Jr. Day No School	Pizza Big Daddy (Pepperoni OR Cheese)	Pizza Meatlovers - Big Daddy	Hamburger OR Cheeseburger	Swedish Meatballs w/ Rice & Rolls
		Hamburger OR Cheeseburger			Pizza Big Daddy (Pepperoni OR Cheese)
		Turkey Club Flat Wrap	Chicken Filet Sandwich	Roast Beef Flat Wrap	
		Chicken Caesar Salad	Lunch Packs (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Chicken Caesar Salad	Toasted Grilled Cheese Sandwich & Soup
		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 (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)
		Garden Side Salad	Garden Side Salad	Garden Side Salad	
Veggies (May choose 2)	Seasoned Green Beans	Refried Beans	Tater Tots	Garden Side Salad	
Fruits (May choose 2)	Fresh Veggie Medley	Fresh Baby Carrots	Fresh Broccoli	Sweet Potato Waffle Fries	
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Cauliflower	
	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Fresh Fruit	
	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup	

	22	23	24	25	26
Entrees (Choose 1)	Corn Dog Nuggets	Chicken Tenders & Mac&Cheese	B.Y.O.T. (Build Your Own Taco)	Teriyaki Chicken w/ Rice & Egg Roll	
	Pizza Big Daddy (Pepperoni OR Cheese)	Pizza Big Daddy (Pepperoni OR Cheese)	Pizza Meatlovers - Nardones	Rib B Que Sandwich	
		Hamburger OR Cheeseburger		Hamburger OR Cheeseburger	
	Turkey Club Hoagie	Turkey Supreme Flat Wrap	Chicken Filet Sandwich Original OR Spicy	Italian Flat Wrap	
Lunch Packs (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Chicken Caesar Salad	Lunch Packs (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)		
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	
	Spicy Corn	Sauteed Mixed Greens	Fiesta Black Beans	Steamed Broccoli	
	Fresh Cucumber 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	Chicken & Dutch Waffle		
		Pizza Big Daddy (Pepperoni OR Cheese)			
		Hamburger OR Cheeseburger	Pizza Meatlovers - Nardones		
		Turkey Supreme Flat Wraps			
Veggies (May choose 2)	Chicken Caesar Salad	Lunch Packs (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Garden Side Salad		
			Au Gratin Potatoes	Baked Beans	
			Fresh Cucumbers	Fresh Cauliflower	
Fruits (May choose 2) <i>*One fruit juice per meal</i>	Chilled Pear Cup	Fresh Fruit	Fresh Fruit		
		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