

# Hampton City Schools

## Lunch Menu - Secondary 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		5	6	7	8
<b>Entrees (Choose 1)</b>	<b>Vegetable Lasagna &amp; Toasted Garlic Cheese Bread</b>	<b>Roasted Chicken Drumstick &amp; Rolls</b>	<b>Chicken &amp; Dutch Waffle</b>	<b>Spaghetti w/ Meatsauce &amp; Garlic Bread</b>	<b>Seafood Platter Fish &amp; Corn Bread</b>
		<b>Pizza Big Daddy (Pepperoni OR Cheese)</b>		<b>Hot Dog w/ Chili &amp; Cheese</b>	
	<b>Pizza Big Daddy (Pepperoni OR Cheese)</b>	<b>Hamburger OR Cheeseburger</b>	<b>Pizza Meatlovers - Nardones</b>	<b>Hamburger OR Cheeseburger</b>	<b>Pizza Big Daddy (Pepperoni OR Cheese)</b>
	<b>Chicken Filet Sandwich (Regular or Spicy)</b>	<b>Turkey Supreme Flat Wraps</b>		<b>Italian Flat Wraps</b>	<b>General Tso w/ Rice &amp; Egg Roll</b>
<b>Lunch Pack 1/2 Turkey Club Wrap &amp; 1/2 Chopped Salad, Fruit</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 (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)</b>	<b>Chicken Caesar Salad</b>	<b>Lunch Packs (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit )</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	Garden Side Salad
	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
<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 2	11	12	13	14	15
<b>Entrees (Choose 1)</b>	Corn Dog Nuggets	Sweet and Sour Chicken w/ Rice and Egg Roll	Meaty Cheese Nachos	Chicken Bites & Rolls	Swedish Meatballs w/ Rice & Rolls
	Pizza Big Daddy (Pepperoni OR Cheese)	Pizza Big Daddy (Pepperoni OR Cheese)	Pizza Meatlovers - Big Daddy	Hamburger OR Cheeseburger	Pizza Big Daddy (Pepperoni OR Cheese)
		Hamburger OR Cheeseburger			
	Turkey Club Hoagie	Turkey Club Flat Wrap	Chicken Filet Sandwich	Roast Beef Flat Wrap	Toasted Grilled Cheese Sandwich & Soup
	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 (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 )			
<b>Veggies (May choose 2)</b>	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Spicy Corn	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

## Hampton City Schools Lunch Menu - Secondary Schools September

Week 3	18	19	20	21	22
<b>Entrees (Choose 1)</b>	Pasta Bake Vegetarian Pasta Bake	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 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 Club Hoagie	Turkey Supreme Flat Wrap	Chicken Filet Sandwich Original OR Spicy	Italian Flat Wrap	Fish Taco
	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 (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 )			
<b>Veggies (May choose 2)</b>	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Seasoned Green Beans	Sauteed Mixed Greens	Fiesta Black Beans	Steamed Broccoli	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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## Lunch Menu - Secondary Schools

### September

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>Chicken &amp; Dutch Waffle</b>	<b>Spaghetti w/ Meatsauce &amp; Garlic Bread</b>	<b>Seafood Platter Fish &amp; Corn Bread</b>
		<b>Pizza Big Daddy (Pepperoni OR Cheese)</b>		<b>Hot Dog w/ Chili &amp; Cheese</b>	
	<b>Pizza Big Daddy (Pepperoni OR Cheese)</b>	<b>Hamburger OR Cheeseburger</b>	<b>Pizza Meatlovers - Nardones</b>	<b>Hamburger OR Cheeseburger</b>	<b>Pizza Big Daddy (Pepperoni OR Cheese)</b>
	<b>Chicken Filet Sandwich <small>Regular OR Spicy</small></b>	<b>Turkey Supreme Flat Wraps</b>		<b>Italian Flat Wraps</b>	<b>General Tso w/ Rice &amp; Egg Roll</b>
<b>Lunch Packs 1/2 Turkey Club Wrap &amp; 1/2 Chopped Salad, fruit</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 (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)</b>	<b>Chicken Caesar Salad</b>	<b>Lunch Packs (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)</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>	<b>Garden Side Salad</b>	<b>Garden Side Salad</b>	<b>Garden Side Salad</b>	<b>Garden Side Salad</b>	<b>Garden Side Salad</b>
	<b>Steamed Corn</b>	<b>Au Gratin Potatoes</b>	<b>Baked Beans</b>	<b>Steamed Broccoli</b>	<b>Oven Roasted Cabbage</b>
	<b>Fresh Celery Sticks</b>	<b>Fresh Cucumbers</b>	<b>Fresh Cauliflower</b>	<b>Fresh Baby Carrots</b>	<b>Fresh Vegetable Medley</b>
<b>Fruits (May choose 2)</b>	<b>Fresh Fruit</b>	<b>Fresh Fruit</b>	<b>Fresh Fruit</b>	<b>Fresh Fruit</b>	<b>Fresh Fruit</b>
	<b>Chilled Peach Cup</b>	<b>Chilled Pear Cup</b>	<b>Chilled Applesauce Cup</b>	<b>Chilled Mixed Fruit Cup</b>	<b>Frozen Fruit Juice Cup</b>

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.