

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.

	2	3	4	5	6
Entrees (Choose 1)	Toasted Garlic Cheese Bread w/ Marinara Sauce	Pizza, Pepperoni OR Cheese	Meaty Cheese Nachos	Breakfast 4 Lunch French Toast, Sausage Link & Scrambled Eggs	Chicken Filet Sandwich Regular OR Spicy
	Chicken Tenders & Roll				Fishermans Catch Fish & Corn Bread
	Chopped Salad Chicken & Bacon Chopped Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Turkey Chef Salad
	Yogurt w/ Grain				Jammer Sandwich w/ Graham Crackers & Cheese
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Oven Roasted Cabbage	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) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Pineapple Cup	Chilled Peach Cup	Chilled Applesauce Cup	100 % Fruit Juice	Frozen Fruit Juice Cup
	9	10	11	12	13
Entrees (Choose 1)	Pasta Bake	Toasted Grilled Cheese Sandwich & Soup	BYOT (Build Your Own Taco)	Hot Dog on Bun	Chicken Wings w/ Rolls
	Rib B Que Sandwich				
	Chopped Salad Chicken & Bacon Chopped Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Tuna Chef Salad
	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Broccoli	Spicy Corn	Fiesta Black Beans	Peas & Mushrooms	Potato Side Winders
	Fresh Celery Sticks	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	Fresh Veggie Medley
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	100 % Fruit Juice	Frozen Fruit Juice Cup
	16	17	18	19	20
Entrees (Choose 1)	Vegetable Bake & Toasted Garlic Cheese Bread	General Tso w/ Rice & Egg Roll	Roasted Chicken w/ Macaroni & Cheese and Roll	Spaghetti w/ Meatsauce & Garlic Bread	Cheeseburger or Hamburger
	Chicken Bites & Rolls				Pizza - Cheese or Pepperoni
	Chopped Salad Chicken & Bacon Chopped Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Turkey Chef Salad
	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Corn	Sauteed Mixed Greens	Baked Beans	Steamed Broccoli	Roasted Potato Medley

	<i>Fresh Celery Sticks</i>	<i>Fresh Cucumbers</i>	<i>Fresh Cauliflower</i>	<i>Fresh Baby Carrots</i>	<i>Fresh Vegetable Medley</i>
Fruits (May choose 2) <i>*One fruit juice per meal</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>
	<i>Chilled Peach Cup</i>	<i>Chilled Pear Cup</i>	<i>Chilled Mixed Fruit Cup</i>	<i>Chilled Applesauce Cup</i>	<i>Frozen Fruit Juice Cup</i>
	23	24	25	26	27
Entrees (Choose 1)	Toasted Garlic Cheese Bread w/ Marinara Sauce	Pizza, Pepperoni OR Cheese	Meaty Cheese Nachos	Breakfast 4 Lunch French Toast, Sausage Link & Scrambled Eggs	Chicken Filet Sandwich Regular OR Spicy
	Chicken Tenders & Roll				Fishermans Catch Fish & Corn Bread
	Chopped Salad Chicken & Bacon Chopped Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Turkey Chef Salad
	Yogurt w/ Grain				
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>
	<i>Oven Roasted Cabbage</i>	<i>Seasoned Green Beans</i>	<i>Refried Beans</i>	<i>Tater Tots</i>	<i>Sweet Potato Waffle Fries</i>
	<i>Fresh Cucumber Sticks</i>	<i>Fresh Veggie Medley</i>	<i>Fresh Baby Carrots</i>	<i>Fresh Broccoli</i>	<i>Fresh Cauliflower</i>
Fruits (May choose 2) <i>*One fruit juice per meal</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>
	<i>Chilled Pineapple Cup</i>	<i>Chilled Peach Cup</i>	<i>Chilled Applesauce Cup</i>	<i>100 % Fruit Juice</i>	<i>Frozen Fruit Juice Cup</i>
	30	31			
Entrees (Choose 1)	Pasta Bake	Toasted Grilled Cheese Sandwich & Soup			
	Rib B Que Sandwich				
	Chopped Salad Chicken & Bacon Chopped Salad	Chicken Caesar Salad			
	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)			
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese			
Veggies (May choose 2)	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>			
	<i>Steamed Broccoli</i>	<i>Spicy Corn</i>			
	<i>Fresh Celery Sticks</i>	<i>Fresh Broccoli</i>			
Fruits (May choose 2) <i>*One fruit juice per meal</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>			
	<i>Chilled Peach Cup</i>	<i>Chilled Pear Cup</i>			