

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)	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)	
Veggies (May choose 2)	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
Fruits (May choose 2)	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
9					
Entrees (Choose 1)	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)	
Veggies (May choose 2)	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
Fruits (May choose 2)	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
16					
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 <small>Regular OR Spicy</small>	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)	
Veggies (May choose 2)	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
Fruits (May choose 2)	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

	23	24	25	26	27
Entrees (Choose 1)	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)		
Veggies (May choose 2)	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
Fruits (May choose 2)	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
	30	31			
Entrees (Choose 1)	Vegetarian Pasta Bake	Chicken Tenders & Mac&Cheese			
	Pizza Big Daddy (Pepperoni OR Cheese)	Pizza Big Daddy (Pepperoni OR Cheese)			
		Hamburger OR Cheeseburger			
	Turkey Club Hoagie	Turkey Supreme Flat Wrap			
Lunch Packs 1/2 Turkey Club Hoagie & 1/2 Chopped 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			
	Seasoned Green Beans	Sauteed Mixed Greens			
	Fresh Celery Sticks	Fresh Broccoli			
Fruits (May choose 2) <i>*One fruit juice per meal</i>	Fresh Fruit	Fresh Fruit			
	Chilled Peach Cup	Chilled Pear 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.