

November 2018


Hampton City Schools
 Elementary Lunch Menu
**Andrews, Asbury, Barron,
 Booker, Langley, Phenix, Smith, Tucker-Capps**

		1	2
<p>Entrees</p> <p>(Choose 1)</p> <p>Grab & Go Packs</p> <p>*Consist of a complete minimum component for reimbursable meals</p> <p>*May choose one additional fruit and vegetable with pack</p>	 <p>Call 757-727-2350 for more information.</p>	<p>Meaty Cheese Nachos</p>	<p>General Tso's w/ Rice and Egg Roll</p>
		<p>Salad and Sandwich Pack</p> <p>Buffalo Chicken Chef Salad & Italian Slider Sandwich</p>	<p>Salad and Sandwich Pack</p> <p>Chicken Caesar Salad & Italian Slider Sandwich</p>
		<p>Yogurt Parfait Pack</p> <p>Fruit and Yogurt Parfait w/ Granola</p>	<p>Yogurt Pack</p> <p>Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit</p>
		<p>Jammer Sandwich Pack</p> <p>Jammer Sandwich w/ Graham Crackers & Cheese, Fruit</p>	<p>Jammer Sandwich Pack</p> <p>Jammer Sandwich w/ Graham Crackers & Cheese, Fruit</p>
		<p>Garden Side Salad</p>	<p>Garden Side Salad</p>
		<p>Fiesta Black Beans</p>	<p>Seasoned Green Beans</p>
		<p>Fresh Cucumber Slices</p>	<p>Fresh Veggie Medley</p>
<p>Fruits</p> <p>(May choose 2)</p> <p>*One fruit juice per meal</p>	<p>Fresh Fruit</p>	<p>Fresh Fruit</p>	
	<p>Chilled Fruit Cup</p>	<p>Frozen Fruit Juice Cup</p>	

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	5	6	7	8	9	
Entrees (Choose 1) Grab & Go Packs *Consist of a complete minimum component for reimbursable meals	Toasted Grilled Cheese & Soup	 SCHOOLS CLOSED	Spaghetti w/ Meatsauce & Garlic Bread	Soft Taco	Sweet & Sour Chicken w/ Rice and Egg Roll	
	Chicken Bites & Rolls		Salad and Sandwich Pack		Salad and Sandwich Pack	Salad and Sandwich Pack
	Salad and Sandwich Pack		Chicken Caesar Salad & Turkey Croissant Sandwich	Chicken Caesar Salad & Turkey Croissant Sandwich	Garden Chef Salad & Turkey Croissant Sandwich	Chicken Caesar Salad & Turkey Croissant Sandwich
	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit		Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit
*May choose one additional fruit and	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	
	Steamed Corn	Steamed Broccoli	Seasoned Green Beans	Steamed Mixed Greens	Steamed Mixed Greens	
	Fresh Celery Sticks	Fresh Cucumber Slices	Fresh Broccoli	Fresh Vegetable Medley	Fresh Vegetable Medley	
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Fruit Cup	Cinnamon Baked Apples	Chilled Applesauce Cup	Frozen Fruit Juice Cup	Frozen Fruit Juice Cup	


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	12	13	14	15	16
Entrees	Fettuccine Alfredo w/ Garlic Bread	Dominos Cheese Pizza	Breakfast 4 Lunch Pancake, Sausage Link & Scrambled Eggs	Meaty Cheese Nachos	Teriyaki Chicken w/ Rice and Egg Roll
		Dominos Pepperoni Pizza			
(Choose 1)	Chicken Tenders & Cornbread	Chicken Filet Sandwich	Corn Dog Nuggets		
Grab & Go Packs	Salad and Sandwich Pack	Salad and Sandwich Pack	Salad and Sandwich Pack	Salad and Sandwich Pack	Salad and Sandwich Pack
*Consist of a complete minimum component for reimbursable meals	Chicken Caesar Salad & Sunberry Crunch Wrap	Turkey Chef Salad & Sunberry Crunch Wrap	Chicken Caesar Salad & Sunberry Crunch Wrap	Garden Chef Salad & Sunberry Crunch Wrap	Chicken Caesar Salad & Sunberry Crunch Wrap
*May choose one additional fruit and	Yogurt Pack	Yogurt Parfait Pack	Yogurt Pack	Yogurt Parfait Pack	Yogurt Pack
	Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Fruit and Yogurt Parfait w/ Granola	Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Fruit and Yogurt Parfait w/ Granola	Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit
	Jammer Sandwich Pack	Jammer Sandwich Pack	Jammer Sandwich Pack	Jammer Sandwich Pack	Jammer Sandwich Pack
	Jammer Sandwich w/ Graham Crackers & Cheese , Fruit	Jammer Sandwich w/ Graham Crackers & Cheese , Fruit	Jammer Sandwich w/ Graham Crackers & Cheese , Fruit	Jammer Sandwich w/ Graham Crackers & Cheese , Fruit	Jammer Sandwich w/ Graham Crackers & Cheese , Fruit
Veggies	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Sweet Potato Wedges	Baked Beans	Tater Tots	Refried Beans	Steamed Mixed Greens
	Fresh Cucumber Slices	Fresh Broccoli	Fresh Baby Carrots	Fresh Veggie Medley	Fresh Celery Sticks
Fruits	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Baked Apples and Sweet Potatoes	Chilled Fruit Cup	Chilled Applesauce Cup	Chilled Fruit Cup	Frozen Fruit Juice Cup
(May choose 2)					
*One fruit juice per meal					

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	19	20	21	22	23			
Entrees	Morning Star Casserole and Garlic Bread	Dominos Cheese	 <p>FALL BREAK</p>					
		Dominos Pepperoni Pizza						
(Choose 1)	Hot dog on Bun	Cheeseburger						
Grab & Go Packs	Salad and Sandwich Pack	Salad and Sandwich Pack						
*Consist of a complete minimum component for reimbursable meals	Chicken Caesar Salad & Italian Slider Sandwich	Buffalo Chicken Chef Salad & Italian Slider Sandwich						
*May choose one additional fruit and	Yogurt Pack	Yogurt Parfait Pack						
	Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Fruit and Yogurt Parfait w/ Granola						
	Jammer Sandwich Pack	Jammer Sandwich Pack						
	Jammer Sandwich w/ Graham Crackers & Cheese , Fruit	Jammer Sandwich w/ Graham Crackers & Cheese , Fruit						
Veggies	Garden Side Salad	Garden Side Salad						
	Steamed Broccoli	Sweet Potato Wedges						
	Fresh Celery Sticks	Fresh Broccoli						
(May choose 2)								
Fruits	Fresh Fruit	Fresh Fruit						
	Chilled Fruit Cup	Chilled Fruit Cup						
(May choose 2)								
*One fruit juice per meal								

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	26	27	28	29	30
Entrees (Choose 1)	Toasted Grilled Cheese & Soup	Dominos Cheese Pizza	Spaghetti w/ Meatsauce & Garlic Bread	Soft Taco	Sweet & Sour Chicken w/ Rice and Egg Roll
	Chicken Bites & Rolls	Dominos Pepperoni Pizza			
		Hamburger			
Grab & Go Packs *Consist of a complete minimum component for reimbursable meals	Salad and Sandwich Pack Chicken Caesar Salad & Turkey Croissant Sandwich	Salad and Sandwich Pack Garden Chef Salad & Turkey Croissant Sandwich	Salad and Sandwich Pack Chicken Caesar Salad & Turkey Croissant Sandwich	Salad and Sandwich Pack Garden Chef Salad & Turkey Croissant Sandwich	Salad and Sandwich Pack Chicken Caesar Salad & Turkey Croissant Sandwich
*May choose one additional fruit and	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit
	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Corn	Baked Beans	Steamed Broccoli	Seasoned Green Beans	Steamed Mixed Greens
	Fresh Celery Sticks	Fresh Baby Carrots	Fresh Cucumber Slices	Fresh Broccoli	Fresh Vegetable Medley
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Fruit Cup	Chilled Fruit Cup	Cinnamon Baked Apples	Chilled Applesauce Cup	Frozen Fruit Juice Cup