


**NOVEMBER 2018**  
 Hampton City Schools  
 High School Lunch Menu 2018-2019

		1	2
Hot Entrees	 <p>Call 757-727-2350 for more information.</p>	Chicken Wings & Roll	General Tso' s w/ Rice & Egg Roll
( Choose One)		Big Daddy Cheese Pizza	UNO's Specialty Pizza
		Big Daddy Pepperoni Pizza	<i>Cheeseburger</i>
		Cheeseburger	<i>Spicy</i> Chicken Filet Sandwich
*Grab & Go Packs consist of a complete minimum component for reimbursable meals		Buffalo Chicken Chef Salad Pack	Chicken Caesar Salad Pack
		Turkey & Cheese Sandwich Pack	Buffalo Chicken Wrap Pack
		Yogurt Parfait Pack	Yogurt Pack
*May choose an additional fruit and vegetable with pack		Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit
Veggies		Garden Side Salad	Garden Side Salad
		Potato SideWinders	Steamed Broccoli
	Fresh Cucumber	Fresh Veggie Medley	
Fruits	Fresh Fruit	Fresh Fruit	
	Chilled Fruit Cup	Frozen Fruit Juice Cup	
(May choose 2) *One fruit juice per meal			


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	5	6	7	8	9
Hot Entrees  ( Choose One)	Toasted Grilled Cheese & Soup	  <b>SCHOOLS CLOSED</b>	Chicken & Dutch Waffle	Spaghetti w/ Meatsauce & Garlic Bread	Sweet & Sour Chicken w/ Rice and Egg Roll
	Dominos Cheese Pizza		Meatlovers Pizza	Big Daddy Cheese Pizza	UNO's Specialty Pizza
	Dominos Pepperoni Pizza		Nardones	Big Daddy Pepperoni Pizza	<i>Chicken Bacon Ranch</i>
	<i>Spicy</i> Chicken Filet Sandwich		Chicken Filet Sandwich	Hamburger	<i>Spicy</i> Chicken Filet Sandwich
*Grab & Go Packs consist of a complete minimum component for reimbursable meals  *May choose an additional fruit and vegetable with pack	Chicken Caesar Salad Pack		Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack
	Turkey Bacon Hoagie Pack		Italian Flat Bread Pack	Turkey & Cheese Sandwich Pack	Buffalo Chicken Wrap Pack
	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, Fruit	Yogurt Pack  Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit
Veggies  (May choose 2)	Garden Side Salad		Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Corn		Potato SideWinders	Steamed Broccoli	Seasoned Green Beans
	Fresh Celery Sticks		Fresh Broccoli	Fresh Baby Carrots	Fresh Vegetable Medley
Fruits  (May choose 2) *One fruit juice per meal	Fresh Fruit		Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Fruit Cup		Cinnamon Baked Apples	Chilled Applesauce Cup	Frozen Fruit Juice Cup

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	12	13	14	15	16
Hot Entrees  ( Choose One)	Corn Dog Nuggets	Meaty Cheese Nachos	Meatball Hoagie Sandwich	Chicken Bites & Cornbread	Teriyaki Chicken w/ Rice & Egg Roll
	Dominos Cheese Pizza	Big Daddy Cheese Pizza	Meatlovers Pizza	Big Daddy Cheese Pizza	UNO's Specialty Pizza
	Dominos Pepperoni Pizza	Big Daddy Pepperoni Pizza	Nardones	Big Daddy Pepperoni Pizza	Buffalo Chicken
	Spicy Chicken Filet Sandwich	Hamburger	Chicken Filet Sandwich	Bacon Cheeseburger	Spicy Chicken Filet Sandwich
*Grab & Go Packs consist of a complete minimum component for reimbursable meals  *May choose an additional fruit and vegetable with pack	Chicken Caesar Salad Pack	Turkey Chef Salad Pack	Chicken Caesar Salad Pack	Turkey Chef Salad Pack	Chicken Caesar Salad Pack
	Turkey Bacon Hoagie Pack	Chicken Caesar Wrap Pack	Italian Flat Bread Pack	Turkey & Cheese Sandwich Pack	Buffalo Chicken Wrap Pack
	Yogurt Pack  Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack  Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack  Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack  Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack  Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit
Veggies  (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Mashed Potatoes	Refried Beans	Seasoned Green Beans	Tater Tots	Sweet Potato Wedges
	Fresh Cucumber Sticks	Fresh Veggie Medley	Fresh Baby Carrots	Fresh Broccoli	Fresh Celery Sticks
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	Baked Apples and Sweet Potatoes	Chilled Applesauce Cup	Frozen Fruit Juice Cup

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	19	20	21	22	23
Hot Entrees  ( Choose One)	Pasta Bake & Garlic Bread	Meaty Cheese Nachos	  <b>FALL BREAK</b>		
	Dominos Cheese Pizza	Big Daddy Cheese Pizza			
	Dominos Pepperoni Pizza	Big Daddy Pepperoni Pizza			
	Spicy Chicken Filet Sandwich	Hamburger			
*Grab & Go Packs consist of a complete minimum component for reimbursable meals  *May choose an additional fruit and vegetable with pack	Chicken Caesar Salad Pack	Buffalo Chicken Chef Salad Pack			
	Turkey Bacon Hoagie Pack	Chicken Caesar Wrap Pack			
	Yogurt Pack  Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack  Fruit and Yogurt Parfait w/ Granola, Fruit			
Veggies  (May choose 2)	Garden Side Salad	Garden Side Salad			
	Seasoned Green Beans	Fiesta Black Beans			
	Fresh Celery Sticks	Fresh Broccoli			
Fruits	Fresh Fruit	Fresh Fruit			
(May choose 2) *One fruit juice per meal	Chilled Fruit Cup	Chilled Fruit Cup			

**NOVEMBER 2018**  
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	26	27	28	29	30
Hot Entrees  ( Choose One)	Toasted Grilled Cheese & Soup	Soft Taco Supreme	Chicken & Dutch Waffle	Spaghetti w/ Meatsauce & Garlic Bread	Sweet & Sour Chicken w/ Rice and Egg Roll
	Dominos Cheese Pizza	Big Daddy Cheese Pizza	Meatlovers Pizza	Big Daddy Cheese Pizza	UNO's Specialty Pizza
	Dominos Pepperoni Pizza	Big Daddy Pepperoni Pizza	Nardones	Big Daddy Pepperoni Pizza	Chicken Bacon Ranch
	Spicy Chicken Filet Sandwich	Cheeseburger	Chicken Filet Sandwich	Hamburger	Spicy Chicken Filet Sandwich
*Grab & Go Packs consist of a complete minimum component for reimbursable meals  *May choose an additional fruit and vegetable with pack	Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack
	Turkey Bacon Hoagie Pack	Chicken Caesar Wrap Pack	Italian Flat Bread Pack	Turkey & Cheese Sandwich Pack	Buffalo Chicken Wrap Pack
	Yogurt Pack  Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack  Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack  Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack  Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack  Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit
Veggies  (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Corn	Baked Beans	Potato SideWinders	Steamed Broccoli	Seasoned Green Beans
	Fresh Celery Sticks	Fresh Cucumbers	Fresh Broccoli	Fresh Baby Carrots	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