


# November 2018

Hampton City Schools  
Middle School Lunch Menu

		1	2	
Entrees	 <p style="text-align: center;"><b>Call 757-727-2350 for more information.</b></p>	Meaty Cheese Nachos	General Tso' s w/ Rice & Egg Roll	
(Choose 1)		<i>Spicy</i> Chicken Filet Sandwich	UNO's Specialty Pizza  <i>Cheeseburger</i>	
Grab & Go Packs		Buffalo Chicken Chef Salad Pack	Chicken Caesar Salad Pack	
Consist of a complete minimum component for reimbursable meals			Yogurt Parfait Pack	Yogurt Pack
May choose one 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	
(May choose 2)		Potato SideWinders	Steamed Broccoli	
		Fresh Cucumber	Fresh Veggie Medley	
Fruits		Fresh Fruit	Fresh Fruit	
(May choose 2) *One fruit juice per meal		Chilled Fruit Cup	Frozen Fruit Juice Cup	

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Middle School Lunch Menu

Week 1	5	6	7	8	9
<p style="text-align: center;">Entrees</p> <p style="text-align: center;">(Choose 1)</p> <p style="text-align: center;">Grab &amp; Go Packs</p> <p><i>*Consist of a complete minimum component for reimbursable</i></p> <p><i>*May choose one additional fruit and vegetable with pack</i></p>	Toasted Grilled Cheese & Soup	  <b>SCHOOLS CLOSED</b>	Chicken & Dutch Waffle	Soft Taco Supreme	<p style="text-align: center;">Sweet &amp; Sour Chicken w/ Fried Rice &amp; Egg Roll</p> <p style="text-align: center;">Big Daddy Cheese Pizza</p>
	Chicken Filet Sandwich		Cheeseburger	<i>Spicy</i> Chicken Filet Sandwich	<p style="text-align: center;">Big Daddy Pepperoni Pizza</p>
	Chicken Caesar Salad Pack		Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack
	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, Fruit
<p style="text-align: center;">Veggies</p> <p style="text-align: center;">(May choose 2)</p>	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
<p style="text-align: center;">Fruits</p> <p style="text-align: center;">(May choose 2) <i>*One fruit juice per meal</i></p>	Fresh Fruit		Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Fruit Cup		Chilled Fruit Cup	Chilled Applesauce Cup	Frozen Fruit Juice Cup


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Week 2	12	13	14	15	16
Entrees	Corn Dog Nuggets	Chicken Bites & Cornbread	Meatball Hoagie	Meaty Cheese Nachos	Teriyaki Chickenw/ Rice and Egg Roll
		Dominos Cheese Pizza			
(Choose 1)	Chicken Filet Sandwich	Dominos Pepperoni Pizza	Cheeseburger	<i>Spicy</i> Chicken Filet Sandwich	Meatlovers Pizza <i>Nardones</i>
Grab & Go Packs	Chicken Caesar Salad Pack	Turkey Chef Salad Pack	Chicken Caesar Salad Pack	Turkey Chef Salad Pack	Chicken Caesar Salad Pack
Consist of a complete minimum component for reimbursable  May choose one additional fruit and vegetable with 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	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
(May choose 2)	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	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
(May choose 2) *One fruit juice per meal	Chilled Fruit Cup	Chilled Fruit Cup	Baked Apples and Sweet Potatoes	Chilled Applesauce Cup	Frozen Fruit Juice Cup

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Middle School Lunch Menu

Week 3	19	20	21	22	23
<p style="text-align: center;">Entrees</p> <p style="text-align: center;">(Choose 1)</p> <p style="text-align: center;">Grab &amp; Go Packs Consist of a complete minimum component for reimbursable meals</p> <p style="text-align: center;">May choose one additional fruit and vegetable with pack</p>	Pasta Bake & Garlic Bread	Chicken Bites & Mac & Cheese	 <p style="font-size: 2em; font-weight: bold; margin-top: 20px;">FALL BREAK</p>		
	Chicken Filet Sandwich	Dominos Cheese Pizza			
	Chicken Caesar Salad Pack	Buffalo Chicken Chef Salad Pack			
	Yogurt Pack	Yogurt Parfait Pack			
	Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Fruit and Yogurt Parfait w/ Granola, Fruit			
<p style="text-align: center;">Veggies</p> <p style="text-align: center;">(May choose 2)</p>	Garden Side Salad	Garden Side Salad			
	Seasoned Green Beans	Fiesta Black Beans			
	Fresh Celery Sticks	Fresh Broccoli			
<p style="text-align: center;">Fruits</p> <p style="text-align: center;">(May choose 2) *One fruit juice per meal</p>	Fresh Fruit	Fresh Fruit			
	Chilled Fruit Cup	Chilled Fruit Cup			

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Week 1	26	27	28	29	30
Entrees  (Choose 1)	Toasted Grilled Cheese & Soup	Spaghetti w/ Meatsauce & Garlic Bread	Chicken & Dutch Waffle	Soft Taco Supreme	Sweet & Sour Chicken w/ Fried Rice & Egg Roll
		Dominos Cheese Pizza			Big Daddy Cheese Pizza
	Chicken Filet Sandwich	Dominos Pepperoni Pizza	Cheeseburger	Spicy Chicken Filet Sandwich	Big Daddy Pepperoni Pizza
Grab & Go Packs	Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack
*Consist of a complete minimum component for reimbursable  *May choose one additional fruit and vegetable with 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	Cinnamon Baked Apples	Chilled Fruit Cup	Chilled Applesauce Cup	Frozen Fruit Juice Cup