

Hampton City Schools  
Food Nutrition Services  
**Moton ECDC**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrees ( Choose 1)</b>	<b>French Toast Sticks</b>	<b>Beef Maple Sausage Breakfast</b>	<b>Apple Cinnamon Bread</b>	<b>Sausage and Pancake</b>	<b>Turkey Ham &amp; Cheese on Hawaiian Bread</b>
	<b>Yogurt w/ Graham Crackers</b>	<b>Breakfast Oatmeal</b>	<b>Breakfast Smoothie w/ Graham Crackers</b>	<b>Maple Pancakes</b>	<b>Yogurt w/ Graham Crackers</b>
	<b><i>WG Cereal &amp; Graham Crackers</i></b>	<b><i>WG Cereal &amp; Graham Crackers</i></b>	<b><i>WG Cereal &amp; Graham Crackers</i></b>	<b><i>WG Cereal &amp; Graham Crackers</i></b>	<b><i>WG Cereal &amp; Graham Crackers</i></b>
<b>Fruits &amp; Veggies (May Choose 2)</b> <small>*One fruit juice per meal</small>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>
	<b>Juice</b>	<b>Juice</b>	<b>Juice</b>	<b>Juice</b>	<b>Juice</b>
	<b>Baby Carrots</b>	<b>Baby Carrots</b>	<b>Baby Carrots</b>	<b>Hashbrown</b>	<b>Baby Carrots</b>
<b>Milk Variety (Choose 1)</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>