

November 2018

Hampton City Schools


Moton Lunch Menu

			1	2	
Entrees (Choose 1)	 <p>We're Hiring!</p> <ul style="list-style-type: none"> • Work while kids are in school! • Off when school is out! • Work M-F or create your own schedule! <p>JOB FAIR </p> <p>November 7, 2018 9am - 3pm On the spot interviews!</p> <p>Call 757-727-2350 for more information.</p>		Dominos Cheese Pizza	Grilled Cheese Sandwich	
			Dominos Pepperoni Pizza		Jammer Sandwich
			Veggies (May choose 2)	Fruits (May choose 2) *One fruit juice per meal	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit
		Fresh Baby Carrots	Garden Side Salad		
		Sweet Potato Wedges	Potato Sidewinders		
		Fresh Fruit	Fresh Fruit		
		Chilled Fruit Cup	Chilled Fruit Cup		

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	5	6	7	8	9
Entrees (Choose 1)	Chicken Bites & Roll	 SCHOOLS CLOSED	Spaghetti w/ Meatsauce	Dominos Cheese Pizza	Sweet & Sour Chicken w/ Rice
	Jammer Sandwich		Jammer Sandwich	Dominos Pepperoni Pizza	
	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit		Jammer Sandwich	Jammer Sandwich	Jammer Sandwich
Veggies (May choose 2)	Garden Side Salad		Garden Side Salad	Fresh Baby Carrots	Garden Side Salad
	Mashed Potatoes		Steamed Corn	Baked Beans	Steamed Mixed Greens
Fruits (May choose 2) <i>*One fruit juice per meal</i>	Fresh Fruit		Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Fruit Cup	Cinnamon Baked Apples	Chilled Applesauce Cup	Chilled Fruit Cup	

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	12	13	14	15	16
Entrees (Choose 1)	Chicken Tenders & Cornbread	Meaty Cheese Nachos	Breakfast 4 Lunch Waffles, Sausage Link & Scrambled Eggs	Dominos Cheese Pizza	Roasted Chicken and Roll
				Dominos Pepperoni Pizza	
	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich
	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 4oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit
Veggies (May choose 2)	Garden Side Salad	Fresh Broccoli	Garden Side Salad	Fresh Baby Carrots	Garden Side Salad
	Sweet Potato Wedges	Refried Beans	Tater Tots	Baked Beans	Mashed Potatoes
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Baked Apples and Sweet Potatoes	Chilled Fruit Cup	Chilled Applesauce Cup	Chilled Fruit Cup	Chilled Fruit Cup

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	19	20	21	22	23
Entrees (Choose 1)	Hamburger	Beef and Cheese Chalupa	Macaroni & Cheese	Dominos Cheese Pizza Dominos Pepperoni Pizza	Grilled Cheese Sandwich
	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich
	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 4oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit
Veggies (May choose 2)	Garden Side Salad	Fresh Broccoli	Garden Side Salad	Fresh Baby Carrots	Garden Side Salad
	Steamed Broccoli	Fiesta Black Beans	Seasoned Green Beans	Sweet Potato Wedges	Potato Sidewinders
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	Chilled Applesauce Cup	Chilled Fruit Cup	Chilled Fruit Cup

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	26	27	28	29	30
Entrees (Choose 1)	Chicken Tenders & Cornbread	Meaty Cheese Nachos	 <p>FALL BREAK</p>		
	Jammer Sandwich	Jammer Sandwich			
	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 4oz, Goldfish Graham, Fruit			
Veggies (May choose 2)	Garden Side Salad	Fresh Broccoli			
	Sweet Potato Wedges	Refried Beans			
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit			
	Baked Apples and Sweet Potatoes	Chilled Fruit Cup			