

OCTOBER 2018

Hampton City Schools
Elementary Lunch Menu

**Aberdeen, Armstrong, Bassette, Bryan, Burbank,
Cary, Cooper, Forrest, Kraft, Machen, Phillips, Tyler**

Week 2	1	2	3	4	5
Entrees (Choose 1)	Fettuccine Alfredo & Garlic Bread	Meaty Cheese Nachos	Breakfast 4 Lunch Waffles, Sausage Link & Scrambled Eggs	Dominos Cheese Pizza	Teriyaki Chicken w/ Rice and Egg Roll
	Chicken Tenders & Cornbread			Dominos Pepperoni Pizza	
Grab & Go Packs *Consist of a complete minimum component for reimbursable meals	Salad and Sandwich Pack Chicken Caesar Salad & Sunberry Crunch Wrap		Salad and Sandwich Pack Turkey Chef Salad & Sunberry Crunch Wrap	Salad and Sandwich Pack Chicken Caesar Salad & Sunberry Crunch Wrap	
*May choose one additional fruit and vegetable with 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 Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	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
	Sweet Potato Wedges	Refried Beans	Steamed Mixed Greens	Baked Beans	Tater Tots
	Fresh Cucumber Slices	Fresh Broccoli	Fresh Baby Carrots	Fresh Veggie Medley	Fresh Celery Sticks
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	*Frozen Fruit Juice Cup

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Week 3	8	9	10	11	12
Entrees (Choose 1) Grab & Go Packs *Consist of a complete minimum component for reimbursable meals *May choose one additional fruit and vegetable with pack	Morning Star Casserole & Garlic Bread	Meaty Cheese Nachos	Chicken Wings w/ Rolls	Dominos Cheese Pizza	General Tso's w/ Rice and Egg Roll
	Hot Dog on Bun		Fish Stix and Mac & Cheese	Dominos Pepperoni Pizza	
	Salad and Sandwich Pack Chicken Caesar Salad & Italian Slider Sandwich	Salad and Sandwich Pack Buffalo Chicken Chef Salad & Italian Slider Sandwich	Salad and Sandwich Pack Chicken Caesar Salad & Italian Slider Sandwich	Salad and Sandwich Pack Buffalo Chicken Chef Salad & Italian Slider Sandwich	Salad and Sandwich Pack Chicken Caesar Salad & Italian Slider 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 Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	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
	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
Veggies (May choose 2)	Steamed Broccoli	Fiesta Black Beans	Potato Sidewinders	Sweet Potato Wedges	Seasoned Green Beans
	Fresh Celery Sticks	Fresh Cucumber Slices	Fresh Baby Carrots	Fresh Broccoli	Fresh Veggie Medley
	Fruits	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
(May choose 2) *One fruit juice per meal	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Applesauce Cup	Chilled Fruit Cup	*Frozen Fruit Juice Cup

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Week 1	15	16	17	18	19
Entrees	Toasted Grilled Cheese & Soup	Soft Taco	Spaghetti w/ Meatsauce and Garlic Bread	<i>Dominos Cheese Pizza</i>	Sweet & Sour Chicken w/ Rice and Egg Roll
(Choose 1)	Chicken Bites & Rolls			<i>Dominos Pepperoni Pizza</i>	
Grab & Go Packs	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
*Consist of a complete minimum component for reimbursable meals	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 Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit
*May choose one additional fruit and vegetable with pack	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	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
(May choose 2) *One fruit juice per	Chilled Fruit Cup	Chilled Fruit Cup	Cinnamon Baked Apples	Chilled Applesauce Cup	*Frozen Fruit Juice Cup

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Week 2	22	23	24	25	26
Entrees (Choose 1)	Fettuccine Alfredo & Garlic Bread	Meaty Cheese Nachos	Breakfast 4 Lunch Waffles, Sausage Link & Scrambled Eggs Corn Dog Nuggets	Dominos Cheese Pizza	Teriyaki Chicken w/ Rice and Egg Roll
	Chicken Tenders & Cornbread			Dominos Pepperoni Pizza	
Grab & Go Packs *Consist of a complete minimum component for reimbursable meals	Salad and Sandwich Pack Chicken Caesar Salad & Sunberry Crunch Wrap	Salad and Sandwich Pack Turkey Chef Salad & Sunberry Crunch Wrap	Salad and Sandwich Pack Chicken Caesar Salad & Sunberry Crunch Wrap	Salad and Sandwich Pack Garden Chef Salad & Sunberry Crunch Wrap	Salad and Sandwich Pack Chicken Caesar Salad & Sunberry Crunch Wrap
	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 Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	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
	Sweet Potato Wedges	Refried Beans	Steamed Mixed Greens	Baked Beans	Tater Tots
	Fresh Cucumber Slices	Fresh Broccoli	Fresh Baby Carrots	Fresh Veggie Medley	Fresh Celery Sticks
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	*Frozen Fruit Juice Cup

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Week 3	29	30	31	
Entrees (Choose 1) Grab & Go Packs *Consist of a complete minimum component for reimbursable meals *May choose one additional fruit and vegetable with pack	Morning Star Casserole & Garlic Bread	Meaty Cheese Nachos	Chicken Wings w/ Rolls	
	Hot Dog on Bun		Fish Stix and Mac & Cheese	
	Salad and Sandwich Pack Chicken Caesar Salad & Italian Slider Sandwich	Salad and Sandwich Pack Buffalo Chicken Chef Salad & Italian Slider Sandwich	Salad and Sandwich Pack Chicken Caesar Salad & Italian Slider 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	
	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	
	Steamed Broccoli	Fiesta Black Beans	Potato Sidewinders	
	Fresh Celery Sticks	Fresh Cucumber Slices	Fresh Baby Carrots	
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Applesauce Cup	