

October 2018

Hampton City Schools
Elementary Lunch Menu

**Andrews, Asbury, Barron,
Booker, Langley, Phenix, Smith, Tucker-Capps**

| Week 2 | 1 | 2 | 3 | 4 | 5 |
|--|--|--|--|--|--|
| Entrees | Fettuccine Alfredo w/ Garlic Bread | Dominos Cheese Pizza | Breakfast 4 Lunch Pancake, Sausage Link & Scrambled Eggs | Meaty Cheese Nachos | Teriyaki Chicken w/ Rice and Egg Roll |
| | | Dominos Pepperoni Pizza | | | |
| (Choose 1) | Chicken Tenders & Cornbread | Chicken Filet Sandwich | Corn Dog Nuggets | | |
| 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 Parfait Pack Fruit and Yogurt Parfait w/ Granola | Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit | Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola | Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit |
| *May choose one additional fruit and | 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 | Baked Beans | Tater Tots | Refried Beans | Steamed Mixed Greens |
| | 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 | Morning Star Casserole and Garlic Bread | Dominos Cheese Pizza | Chicken Wings w/ Rolls | Meaty Cheese Nachos | General Tso's w/ Rice and Egg Roll |
| | | Dominos Pepperoni Pizza | Fish Stix and Mac & Cheese | | |
| (Choose 1) | Hot dog on Bun | Cheeseburger | | | |
| Grab & Go Packs | Salad and Sandwich Pack | Salad and Sandwich Pack | Salad and Sandwich Pack | Salad and Sandwich Pack | Salad and Sandwich Pack |
| *Consist of a complete minimum component for reimbursable meals | Chicken Caesar Salad & Italian Slider Sandwich | Buffalo Chicken Chef Salad & Italian Slider Sandwich | Chicken Caesar Salad & Italian Slider Sandwich | Buffalo Chicken Chef Salad & Italian Slider Sandwich | Chicken Caesar Salad & Italian Slider Sandwich |
| *May choose one additional fruit and vegetable with pack | Yogurt Pack | Yogurt Parfait Pack | Yogurt Pack | Yogurt Parfait Pack | Yogurt Pack |
| | Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit | Fruit and Yogurt Parfait w/ Granola | Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit | Fruit and Yogurt Parfait w/ Granola | Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit |
| | Jammer Sandwich Pack | Jammer Sandwich Pack | Jammer Sandwich Pack | Jammer Sandwich Pack | Jammer Sandwich Pack |
| | Jammer Sandwich w/ Graham Crackers & Cheese, Fruit | Jammer Sandwich w/ Graham Crackers & Cheese, Fruit | Jammer Sandwich w/ Graham Crackers & Cheese, Fruit | Jammer Sandwich w/ Graham Crackers & Cheese, Fruit | Jammer Sandwich w/ Graham Crackers & Cheese, Fruit |
| Veggies | Garden Side Salad | Garden Side Salad | Garden Side Salad | Garden Side Salad | Garden Side Salad |
| | Steamed Broccoli | Sweet Potato Wedges | Potato Sidewinders | Fiesta Black Beans | Seasoned Green Beans |
| | Fresh Celery Sticks | Fresh Broccoli | Fresh Baby Carrots | Fresh Cucumber Slices | Fresh Veggie Medley |
| Fruits | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Applesauce Cup | Chilled Fruit Cup | Frozen Fruit Juice Cup |
| (May choose 2) *One fruit juice per meal | | | | | |

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| Week 1 | 15 | 16 | 17 | 18 | 19 |
|---|---|--|---|--|---|
| Entrees (Choose 1) Grab & Go Packs *Consist of a complete minimum component for reimbursable meals *May choose one additional fruit and | Toasted Grilled Cheese & Soup | Dominos Cheese Pizza | Spaghetti w/ Meatsauce & Garlic Bread | Soft Taco | Sweet & Sour Chicken w/ Rice and Egg Roll |
| | Chicken Bites & Rolls | Dominos Pepperoni Pizza | | | |
| | | Hamburger | | | |
| | 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 |
| | Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit | Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola | Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit | Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola | 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 |
| | 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 (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 |

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| Week 2 | 22 | 23 | 24 | 25 | 26 | | |
|---|---|---|---|---|--|--|---|
| Entrees (Choose 1) Grab & Go Packs *Consist of a complete minimum component for reimbursable meals *May choose one additional fruit and | Fettuccine Alfredo w/ Garlic Bread | Dominos Cheese Pizza | Breakfast 4 Lunch Pancake, Sausage Link & Scrambled Eggs | Meaty Cheese Nachos | Teriyaki Chicken w/ Rice and Egg Roll | | |
| | | Dominos Pepperoni Pizza | | | | | |
| | Chicken Tenders & Cornbread | Chicken Filet Sandwich | Corn Dog Nuggets | | | | |
| | 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 Parfait Pack Fruit and Yogurt Parfait w/ Granola | Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit | | | Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola | 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 | Baked Beans | Tater Tots | Refried Beans | Steamed Mixed Greens | | |
| | 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 | Morning Star Casserole and Garlic Bread | Dominos Cheese Pizza | Chicken Wings w/ Rolls | |
| | | Dominos Pepperoni Pizza | Fish Stix and Mac & Cheese | |
| (Choose 1) | Hot dog on Bun | Cheeseburger | | |
| Grab & Go Packs | Salad and Sandwich Pack | Salad and Sandwich Pack | Salad and Sandwich Pack | |
| | Chicken Caesar Salad & Italian Slider Sandwich | Buffalo Chicken Chef Salad & Italian Slider Sandwich | Chicken Caesar Salad & Italian Slider Sandwich | |
| *Consist of a complete minimum component for reimbursable meals | Yogurt Pack | Yogurt Parfait Pack | Yogurt Pack | |
| | Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit | Fruit and Yogurt Parfait w/ Granola | Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit | |
| *May choose one additional fruit and | Jammer Sandwich Pack | Jammer Sandwich Pack | Jammer Sandwich Pack | |
| | Jammer Sandwich w/ Graham Crackers & Cheese , Fruit | Jammer Sandwich w/ Graham Crackers & Cheese , Fruit | Jammer Sandwich w/ Graham Crackers & Cheese , Fruit | |
| Veggies | Garden Side Salad | Garden Side Salad | Garden Side Salad | |
| | Steamed Broccoli | Sweet Potato Wedges | Potato Sidewinders | |
| | Fresh Celery Sticks | Fresh Broccoli | Fresh Baby Carrots | |
| (May choose 2) | | | | |
| Fruits | Fresh Fruit | Fresh Fruit | Fresh Fruit | |
| | Chilled Fruit Cup | Chilled Fruit Cup | Chilled Applesauce Cup | |
| (May choose 2) *One fruit juice per meal | | | | |