

High Schools

Hampton City Schools
Lunch Menu
2019-2020

SEPTEMBER						
S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER						
S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER						
S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER						
S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY						
S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY						
S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MARCH						
S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL						
S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY						
S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JUNE						
S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Entrees (Choose One)	Grilled Cheese Sandwich & Soup	Taco Stick	Chicken Tenders and Dutch Waffle	Spaghetti w/ Meatsauce & Garlic Bread	Asian Day w/Rice and Egg Roll
	Dominos Cheese Pizza	Big Daddy Cheese Pizza	Meatlovers Pizza	Big Daddy Cheese Pizza	Wild Mike's Cheese Pizza
	Dominos Pepperoni Pizza	Big Daddy Pepperoni Pizza	Nardones	Big Daddy Pepperoni Pizza	Wild Mike's Pepperoni Pizza
	Spicy Chicken Filet Sandwich	Hamburger & Cheeseburger	Chicken Filet Sandwich	Bacon Cheeseburger	Spicy Chicken Filet Sandwich
*Grab & Go Packs consist of complete minimum component for reimbursable meals *May choose an additional fruit and vegetable with pack	Chicken Caesar Salad	Turkey Chef Salad	Chicken Caesar Salad	Garden Chef Salad	Chicken Caesar Salad
	Yogurt Pack Yogurt, Cocoa Cherry Bar, Pretzels, Fruit	Yogurt Parfait Fruit and Yogurt Parfait w/ Granola	Yogurt Pack Yogurt, Cocoa Cherry Bar, Pretzels, Fruit	Yogurt Parfait Fruit and Yogurt Parfait w/ Granola	Yogurt Pack Yogurt, 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	Fiesta Black 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	Chilled Fruit Cup	Cinnamon Baked Apples	Chilled Applesauce Cup	Frozen Fruit Juice Cup
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Entrees (Choose One)	Ham & Cheese Croissant & Soup	Meaty Cheese Nachos	Chicken Bites & Mac & Cheese	Chicken & Broccoli Pasta Alfredo w/ Garlic Bread	(Fish Sandwich will be here once it is stocked)
	Dominos Cheese Pizza	Big Daddy Cheese Pizza	Meatlovers Pizza	Big Daddy Cheese Pizza	Wild Mike's Cheese Pizza
	Dominos Pepperoni Pizza	Big Daddy Pepperoni Pizza	Nardones	Big Daddy Pepperoni Pizza	Wild Mike's Pepperoni Pizza
	Spicy Chicken Filet Sandwich	Hamburger & Cheeseburger	Chicken Filet Sandwich	Bacon Cheeseburger	Spicy Chicken Filet Sandwich
*Grab & Go Packs consist of complete minimum component for reimbursable meals *May choose an additional fruit and vegetable with pack	Chicken Caesar Salad	Turkey Chef Salad	Chicken Caesar Salad	Garden Chef Salad	Chicken Caesar Salad
	Yogurt Pack Yogurt, Cocoa Cherry Bar, Pretzels, Fruit	Yogurt Parfait Fruit and Yogurt Parfait w/ Granola	Yogurt Pack Yogurt, Cocoa Cherry Bar, Pretzels, Fruit	Yogurt Parfait Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack Yogurt, Cocoa Cherry Bar, Pretzels, Fruit
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Corn	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 (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Fruit Cup	Chilled Fruit Cup	Baked Apples and Sweet Potatoes	Chilled Applesauce Cup	Frozen Fruit Juice Cup
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Entrees (Choose One)	Italian Flatbread & Soup	Beef, Bean, and Cheese Buritto	Chicken Wings & Roll	Baked Ziti and Garlic Bread	Corn Dog Nuggest
	Dominos Cheese Pizza	Big Daddy Cheese Pizza	Meatlovers Pizza	Big Daddy Cheese Pizza	Wild Mike's Cheese Pizza
	Dominos Pepperoni Pizza	Big Daddy Pepperoni Pizza	Nardones	Big Daddy Pepperoni Pizza	Wild Mike's Pepperoni Pizza
	Spicy Chicken Filet Sandwich	Hamburger & Cheeseburger	Chicken Filet Sandwich	Bacon Cheeseburger	Spicy Chicken Filet Sandwich
*Grab & Go Packs consist of complete minimum component for reimbursable meals *May choose an additional fruit and vegetable with pack	Chicken Caesar Salad	Turkey Chef Salad	Chicken Caesar Salad	Garden Chef Salad	Chicken Caesar Salad
	Yogurt Pack Yogurt, Cocoa Cherry Bar, Pretzels, Fruit	Yogurt Parfait Fruit and Yogurt Parfait w/ Granola	Yogurt Pack Yogurt, Cocoa Cherry Bar, Pretzels, Fruit	Yogurt Parfait Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack Yogurt, Cocoa Cherry Bar, Pretzels, Fruit
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Seasoned Green Beans	Fiesta Black Beans	Steamed Mixed Greens	Potato SideWinders	Steamed Broccoli
	Fresh Celery Sticks	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	Fresh Veggie 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	Chilled Applesauce Cup	Chilled Fruit Cup	Frozen Fruit Juice Cup