

**Hampton City Schools
Breakfast Menu - Middle Schools**




BREAKFAST PRICES

Elementary/Secondary - \$.90

Reduced - Free

Adult/Non-student - A la Carte

A variety of milk is offered daily.

Week 1		1	2	3	4	
<i>Entrees (Choose 1)</i>		WG Apple Cinnamon French Toast	Sausage Panwich	Turkey Ham, Egg & Cheese Croissantwich	WG Sausage Pancake on Stick	
		WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	
		Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>		Fruit	Fruit	Fruit	Fruit	
		Juice	Juice	Juice	Juice	
		Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots	
<i>Milk (Choose 1)</i>		Milk	Milk	Milk	Milk	
Week 2		7	8	9	10	11
<i>Entrees (Choose 1)</i>	Pop-Tart & Mozzarella String Cheese Stick	WG Apple Cinnamon French Toast	Sausage Panwich	Turkey Ham, Egg & Cheese Croissantwich	WG Fortified Donut	
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit	Fruit	Fruit	
	Juice	Juice	Juice	Juice	Juice	
	Baby Carrots	Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots	
<i>Milk (Choose 1)</i>	Milk	Milk	Milk	Milk	Milk	
Week 1		14	15	16	17	18
<i>Entrees (Choose 1)</i>	Breakfast Pizza	WG Apple Cinnamon French Toast	Sausage Panwich	Turkey Ham, Egg & Cheese Croissantwich	WG Sausage Pancake on Stick	
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit	Fruit	Fruit	
	Juice	Juice	Juice	Juice	Juice	
	Baby Carrots	Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots	
<i>Milk (Choose 1)</i>	Milk	Milk	Milk	Milk	Milk	
Week 2		21	22	23	24	25
<i>Entrees (Choose 1)</i>	Pop-Tart & Mozzarella String Cheese Stick	WG Apple Cinnamon French Toast	Sausage Panwich	Turkey Ham, Egg & Cheese Croissantwich	WG Fortified Donut	
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit	Fruit	Fruit	
	Juice	Juice	Juice	Juice	Juice	
	Baby Carrots	Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots	
<i>Milk (Choose 1)</i>	Milk	Milk	Milk	Milk	Milk	
Week 1		28	29	30	31	
<i>Entrees (Choose 1)</i>		WG Apple Cinnamon French Toast	Sausage Panwich	Turkey Ham, Egg & Cheese Croissantwich		
		WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal		
		Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers		
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>		Fruit	Fruit	Fruit		
		Juice	Juice	Juice		
		Baby Carrots	Hashbrown	Baby Carrots		
<i>Milk (Choose 1)</i>		Milk	Milk	Milk		
<i>Snack-Fast (Every Week) (One juice per meal)</i>	Monday	Tuesday	Wednesday	Thursday	Friday	
	Pop-Tart & Cheese Stick	Fruit Loops & Cheese Stick	Cinnamon Grahams & Cheese Stick	Strawberry Crisp Bar & Cheese Stick	Goldfish Graham & Cheese Stick	
	Fruit	Fruit	Fruit	Fruit	Fruit	
	Juice	Juice	Juice	Juice	Juice	

This district is an equal opportunity provider.

As always, the choice of menu items belongs to the student. For optimum nutrition, students are encouraged to take all five components; however, if the student chooses three or four components, **one of the components must be a fruit or vegetable serving.**

Menu Subject to Change