

**Hampton City Schools
Lunch Menu - Elementary Schools**



Applies to:

Bryan, Cary, Phillips, Moton, Tyler, Machen, Burbank, Cooper
Aberdeen, Kraft, Forrest, Tucker Capps, Bassette, Armstrong

LUNCH PRICES

Elementary \$1.95

Secondary \$2.15

Reduced \$0.40

Adult/Non-student - A la Carte

A variety of milk is offered daily.

		1	2	3	4
Entrees (Choose 1)		Sweet & Sour Chicken w/ Rice and Egg Roll	Meaty Cheese Nachos	Dominos	Breakfast 4 Lunch Pancake, Sausage Link Scrambled Eggs
		Fish Sandwich		Chicken Filet Sandwich Regular OR Spicy	
		Chicken Caesar Salad	Grilled Chicken Chef Salad	Turkey Club Sandwich	Turkey Chef Salad
		Lunch Packs (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Fruit and Yogurt Parfait w/ Granola	Lunch Packs (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain
		Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)		Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
		Seasoned Green Beans	Refried Beans	Tater Tots	Sweet Potato Waffle Fries
		Fresh Veggie Medley	Fresh Baby Carrots	Fresh Broccoli	Fresh Cauliflower
Fruits (May choose 2) *One fruit juice per meal		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
		Chilled Peach Cup	Chilled Applesauce Cup	100 % Fruit Juice	Frozen Fruit Juice Cup
	7	8	9	10	11
Entrees (Choose 1)	Pasta Bake	Teriyaki Chicken w/ Rice and Egg Roll	Meaty Cheese Nachos	Dominos	Chicken Wings w/ Rolls
	Rib B Que Sandwich			Toasted Grilled Cheese Sandwich	
	Italian Chef Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Turkey Club Sandwich	Turkey Chef Salad
	Yogurt w/ Grain	Lunch Packs (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Fruit and Yogurt Parfait w/ Granola	Lunch Packs (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)		Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
		Steamed Broccoli	Spicy Corn	Fiesta Black Beans	Potato Side Winders
		Fresh Celery Sticks	Fresh Broccoli	Fresh Baby Carrots	Fresh Veggie Medley
Fruits (May choose 2) *One fruit juice per meal		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
		Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	Cinnamon Baked Apples
	14	15	16	17	18
Entrees (Choose 1)	Vegetable Lasagna & Toasted Garlic Cheese Bread	General Tso w/ Rice & Egg Roll	Swedish Meatballs w/ Rice and Roll	Dominos	Spaghetti w/ Meatsauce & Garlic Bread
	Chicken Bites & Rolls			Cheeseburger or Hamburger	
	Italian Chef Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Turkey Club Sandwich	Turkey Chef Salad
	Yogurt w/ Grain	Lunch Packs (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Fruit and Yogurt Parfait w/ Granola	Lunch Packs (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)		Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
		Steamed Corn	Seasoned Green Beans	Baked Beans	Roasted Potato Medley
		Fresh Celery Sticks	Fresh Veggie Medley	Fresh Cauliflower	Fresh Vegetable Medley
Fruits (May choose 2) *One fruit juice per meal		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
		Chilled Peach Cup	Chilled Peach Cup	Cinnamon Baked Apples	Chilled Applesauce Cup

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	21	22	23	24	25
Entrees (Choose 1)	Spaghetti w/ Marinara Sauce & Provolone Garlic Bread	Sweet & Sour Chicken w/ Rice and Egg Roll	Meaty Cheese Nachos	Dominos	Breakfast 4 Lunch Pancake, Sausage Link Scrambled Eggs
	Chicken Tenders & Cornbread	Fish Sandwich		Chicken Filet Sandwich Regular OR Spicy	
	Italian Chef Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Turkey Club Sandwich	Turkey Chef Salad
	Yogurt w/ Grain	Lunch Packs (Yogurt 4oz, Cheese Stick,	Fruit and Yogurt Parfait w/ Granola	Lunch Packs (Yogurt 4oz, Cheese Stick,	Yogurt w/ Grain
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Oven Roasted Cabbage	Seasoned Green Beans	Refried Beans	Tater Tots	Sweet Potato Waffle Fries
	Fresh Cucumber Sticks	Fresh Veggie Medley	Fresh Baby Carrots	Fresh Broccoli	Fresh Cauliflower
Fruits (May choose 2) <i>*One fruit juice per meal</i>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Cinnamon Baked Apples	Chilled Peach Cup	Chilled Applesauce Cup	100 % Fruit Juice	Frozen Fruit Juice Cup
	28	29	30	31	
Entrees (Choose 1)		Teriyaki Chicken w/ Rice and Egg Roll	Meaty Cheese Nachos	Dominos	
		Chicken Caesar Salad	Grilled Chicken Chef Salad	Toasted Grilled Cheese Sandwich	
		Lunch Packs (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Fruit and Yogurt Parfait w/ Granola	Lunch Packs (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	
		Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	
		Garden Side Salad	Garden Side Salad	Garden Side Salad	
Veggies (May choose 2)	Spicy Corn	Fiesta Black Beans	Peas & Mushrooms		
	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber		
	Fresh Fruit	Fresh Fruit	Fresh Fruit		
Fruits (May choose 2) <i>*One fruit juice per meal</i>	Chilled Pear Cup	Chilled Applesauce Cup	Cinnamon Baked Apples		

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

Menu Subject to Change