

**Hampton City Schools  
Lunch Menu - Secondary Schools**



LUNCH PRICES  
Elementary \$1.95  
Secondary \$2.15  
Reduced \$0.40  
Adult/Non-student - A la

A variety of milk is offered daily.

		1	2	3	4
<b>Entrées (Choose 1)</b>		Sweet & Sour Chicken with Rice & Egg Roll	Pizza Meatlovers - Big Daddy	Hamburger OR Cheeseburger	Meatball Hoagie
		Pizza MS ONLY - Dominos	Meaty Cheese Nachos	Chicken Bites & Cornbread	Pizza Big Daddy (Pepperoni OR Cheese)
		Hamburger OR Cheeseburger			
		Turkey Club Flat Wrap	Chicken Filet Sandwich	Italian Flat Wrap	Toasted Grilled Cheese Sandwich & Soup
		Chicken Caesar Salad	Fruit & Yogurt Parfait with Granola	Chicken Caesar Salad	Lunch Packs (1/2 Italian Wrap, 1/2 Garden Chef Salad, Fruit)
		Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)		Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit )	
<b>Veggies (May choose 2)</b>		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
<b>Fruits (May choose 2)</b>		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
		Chilled Pear Cup	Chilled Applesauce Cup	Cinnamon Baked Apples	Frozen Fruit Juice Cup
		<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Entrées (Choose 1)</b>	Pasta Bake & Garlic Bread	Chicken Bites with Mac&Cheese	Meaty Cheese Nachos	Teriyaki Chicken w/ Rice & Egg Roll	Chicken Wings & Roll
	Pizza HS ONLY - Dominos	Pizza MS ONLY - Dominos	Pizza Meatlovers - Nardones	Rib B Que Sandwich	Pizza Big Daddy (Pepperoni OR Cheese)
		Hamburger OR Cheeseburger		Hamburger OR Cheeseburger	
	Turkey Club Hoagie	Turkey Supreme Flat Wrap	Chicken Filet Sandwich Original OR Spicy	Italian Flat Wrap	Fish Sandwich
	Lunch Packs (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Chicken Caesar Salad	Fruit & Yogurt Parfait with Granola	Chicken Caesar Salad	Lunch Packs (1/2 Italian Wrap, 1/2 Garden Chef Salad, Fruit )
	Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit )			
<b>Veggies (May choose 2)</b>	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Spicy Corn	Sauteed Mixed Greens	Fiesta Black Beans	Steamed Broccoli	Potato SideWinders
	Fresh Cucumber Sticks	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	Fresh Veggie Medley
<b>Fruits (May choose 2)</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Peach Cup	Cinnamon Baked Apples	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup

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	14	15	16	17	18
Entrées (Choose 1)	Vegetarian Bake & Toasted Garlic Cheese Bread	Pizza MS ONLY - Dominos	Chicken & Dutch Waffle (Regular or Spicy Chicken)	Spaghetti w/ Meatsauce & Garlic Bread	General Tso w/ Rice & Egg Roll
	Pizza HS ONLY - Dominos	Hamburger OR Cheeseburger Turkey Supreme Flat Wraps	Pizza Meatlovers - Nardones	Hot Dog w/ Chili & Cheese Hamburger OR Cheeseburger	Pizza Big Daddy (Pepperoni OR Cheese)
	Chicken Filet Sandwich Regular OR Spicy	Chicken Caesar Salad	Fruit & Yogurt Parfait with Granola	Italian Flat Wraps with Provolone Cheese	Fish Sandwich
	Lunch Packs 1/2 Turkey Club Wrap & 1/2 Chopped Salad, fruit	Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Lunch Packs (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Chicken Caesar Salad Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Lunch Packs (1/2 Italian Wrap, 1/2 Garden Chef Salad, Fruit)
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Baked Beans	Garden Side Salad
	Steamed Corn	Au Gratin Potatoes	Baked Beans	Fresh Baby Carrots	Oven Roasted Cabbage
	Fresh Celery Sticks	Fresh Cucumbers	Fresh Cauliflower	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 Peach Cup	Chilled Pear Cup	Cinnamon Baked Apples	Chilled Applesauce Cup	Frozen Fruit Juice Cup
	21	22	23	24	25
Entrées (Choose 1)	Spaghetti with Marinara Sauce & Provolone Garlic Bread	Sweet & Sour Chicken with Rice & Egg Roll	Pizza Meatlovers - Big Daddy	Hamburger OR Cheeseburger	Meatball Hoagie
	Chicken Tenders & Cornbread	Pizza MS ONLY - Dominos	Meaty Cheese Nachos	Chicken Bites & Cornbread	Pizza Big Daddy (Pepperoni OR Cheese)
	Italian Chef Salad	Hamburger OR Cheeseburger		Italian Flat Wrap	Toasted Grilled Cheese Sandwich & Soup
	Yogurt w/ Grain	Turkey Club Flat Wrap	Chicken Filet Sandwich	Italian Flat Wrap	
	Jammer Sandwich w/ Graham Crackers & Cheese	Chicken Caesar Salad	Fruit & Yogurt Parfait with Granola	Chicken Caesar Salad	Lunch Packs (1/2 Italian Wrap, 1/2 Garden Chef Salad, Fruit)
Garden Side Salad	Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit )			
Veggies (May choose 2)	Oven Roasted Cabbage	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Fresh Cucumber Sticks	Seasoned Green Beans	Refried Beans	Tater Tots	Sweet Potato Waffle Fries
	Fresh Fruit	Fresh Veggie Medley	Fresh Baby Carrots	Fresh Broccoli	Fresh Cauliflower
Fruits (May choose 2) *One fruit juice per meal	Cinnamon Baked Apples	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
		Chilled Pear Cup	Chilled Applesauce Cup	Cinnamon Baked Apples	Frozen Fruit Juice Cup
	28	29	30	31	
Entrées (Choose 1)		Chicken Bites with Mac&Cheese	Meaty Cheese Nachos	Teriyaki Chicken w/ Rice & Egg Roll	
		Pizza MS ONLY - Dominos	Pizza Meatlovers - Nardones	Rib B Que Sandwich	
		Hamburger OR Cheeseburger		Hamburger OR Cheeseburger	
		Turkey Supreme Flat Wrap	Chicken Filet Sandwich Original OR Spicy	Italian Flat Wrap	
		Chicken Caesar Salad	Fruit & Yogurt Parfait with Granola	Chicken Caesar Salad	
Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit )				
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad		
	Sauteed Mixed Greens	Fiesta Black Beans	Steamed Broccoli		
	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber		
Fruits (May choose 2)	Fresh Fruit	Fresh Fruit	Fresh Fruit		
	Cinnamon Baked Apples	Chilled Applesauce Cup	Chilled Mixed Fruit Cup		

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