

**Hampton City Schools
Breakfast Menu - Elementary Schools**

November

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		
Entrees (Choose 1)	Breakfast Pizza	Turkey Ham & Cheese on WG Hawaiian Bread	Beef Sausage & Cheese on Mini Bagel	Strawberry Crisp Bar	Sausage Pancake on Stick			
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers			
Fruits (May Choose 2) *One fruit juice per meal	Fruit	Fruit	Fruit	Fruit	Fruit			
	Juice	Juice	Juice	Juice	Juice			
Milk (Choose 1)	Milk	Milk	Milk	Milk	Milk			
Week 2		6		7		8		
Entrees (Choose 1)	Pop-tart & Mozzarella String Cheese Stick		Turky Ham, Egg & Cheese Croissantwisch	Bagel-ful	WG Fortified Donut			
	Yogurt w/ Graham Crackers		Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers			
Fruits (May Choose 2) *One fruit juice per meal	Fruit		Fruit	Fruit	Fruit			
	Juice		Juice	Juice	Juice			
Milk (Choose 1)	Milk		Milk	Milk	Milk			
Week 1		13		14		15		
Entrees (Choose 1)	Breakfast Pizza	Turkey Ham & Cheese on WG Hawaiian Bread	Beef Sausage & Cheese on Mini Bagel	Strawberry Crisp Bar	Sausage Pancake on Stick			
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers			
Fruits (May Choose 2) *One fruit juice per meal	Fruit	Fruit	Fruit	Fruit	Fruit			
	Juice	Juice	Juice	Juice	Juice			
Milk (Choose 1)	Milk	Milk	Milk	Milk	Milk			
Week 2		20		21		22		
Entrees (Choose 1)	Pop-tart & Mozzarella String Cheese Stick	WG Apple Cinnamon French Toast						
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers						
Fruits (May Choose 2) *One fruit juice per meal	Fruit	Fruit						
	Juice	Juice						
Milk (Choose 1)	Milk	Milk						
Week 1		27		28		29		
Entrees (Choose 1)	Breakfast Pizza	Turkey Ham & Cheese on WG Hawaiian Bread	Beef Sausage & Cheese on Mini Bagel	Strawberry Crisp Bar				
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers				
Fruits (May Choose 2) *One fruit juice per meal	Fruit	Fruit	Fruit	Fruit				
	Juice	Juice	Juice	Juice				
Milk (Choose 1)	Milk	Milk	Milk	Milk				

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.**

A variety of milk is offered daily.