

**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



A variety of milk is offered daily.

Entrees (Choose 1)					
Veggies (May choose 2)					
Fruits (May choose 2) <i>*One fruit juice per meal</i>					
	9	10	11	12	13
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, 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)	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>
	<i>Oven Roasted Cabbage</i>	<i>Seasoned Green Beans</i>	<i>Refried Beans</i>	<i>Tater Tots</i>	<i>Sweet Potato Waffle Fries</i>
	<i>Fresh Cucumber Sticks</i>	<i>Fresh Veggie Medley</i>	<i>Fresh Baby Carrots</i>	<i>Fresh Broccoli</i>	<i>Fresh Cauliflower</i>
Fruits (May choose 2) <i>*One fruit juice per meal</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>
	<i>Cinnamon Baked Apples</i>	<i>Chilled Peach Cup</i>	<i>Chilled Applesauce Cup</i>	<i>100 % Fruit Juice</i>	<i>Frozen Fruit Juice Cup</i>
	16	17	18	19	20
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)	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>
	<i>Steamed Broccoli</i>	<i>Spicy Corn</i>	<i>Fiesta Black Beans</i>	<i>Peas & Mushrooms</i>	<i>Potato Side Winders</i>
	<i>Fresh Celery Sticks</i>	<i>Fresh Broccoli</i>	<i>Fresh Baby Carrots</i>	<i>Fresh Cucumber</i>	<i>Fresh Veggie Medley</i>
Fruits (May choose 2) <i>*One fruit juice per meal</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>
	<i>Chilled Peach Cup</i>	<i>Chilled Pear Cup</i>	<i>Chilled Applesauce Cup</i>	<i>Cinnamon Baked Apples</i>	<i>Frozen Fruit Juice Cup</i>

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	23	24	25	26	27
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	Garden Side Salad
	Steamed Corn	Seasoned Green Beans	Baked Beans	Steamed Broccoli	Roasted Potato Medley
	Fresh Celery Sticks	Fresh Veggie Medley	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 Peach Cup	Cinnamon Baked Apples	Chilled Applesauce Cup	Frozen Fruit Juice Cup
	30				
Entrees (Choose 1)	Spaghetti w/ Marinara Sauce & Provolone Garlic Bread				
	Chicken Tenders & Cornbread				
	Italian Chef Salad				
	Yogurt w/ Grain				
	Jammer Sandwich w/ Graham Crackers & Cheese				
Veggies (May choose 2)	Garden Side Salad				
	Oven Roasted Cabbage				
	Fresh Cucumber Sticks				
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit				
	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 components, **one of the components must be a fruit or vegetable serving.**

Menu Subject to Change