

**Hampton City Schools**  
**Middle School Lunch Menu**  
**Eaton, Jones, Lindsay, Spratley, Syms, Tarrant Middle**

**FEBRUARY**

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

Locate date on calendar above to find coordinating menu week by color.

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Menu 1					
Entrees	Corn Dog Nuggets	Chicken Bites & Cornbread	Meatball Hoagie	Meaty Cheese Nachos	Teriyaki Chicken w/Lo Mein Noodles and Egg Roll
		Dominos Cheese Pizza			
(Choose 1)	Chicken Filet Sandwich	Dominos Pepperoni Pizza	Cheeseburger	Spicy Chicken Filet Sandwich	Meatlovers Pizza <i>Nardones</i>
Grab & Go Packs	Chicken Caesar Salad Pack	Turkey Chef Salad Pack	Chicken Caesar Salad Pack	Turkey Chef Salad Pack	Chicken Caesar Salad Pack
Consist of a complete minimum component for reimbursable  May choose one additional fruit and vegetable with pack	Yogurt Pack	Yogurt Parfait Pack	Yogurt Pack	Yogurt Parfait Pack	Yogurt Pack
	Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit
Veggies	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
(May choose 2)	Mashed Potatoes	Refried Beans	Seasoned Green Beans	Tater Tots	Sweet Potato Wedges
	Fresh Cucumber Sticks	Fresh Veggie Medley	Fresh Baby Carrots	Fresh Broccoli	Fresh Celery Sticks
Fruits	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
(May choose 2) *One fruit juice per meal	Chilled Fruit Cup	Chilled Fruit Cup	Baked Apples and Sweet Potatoes	Chilled Applesauce Cup	Frozen Fruit Juice Cup

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Menu 2					
<b>Entrees</b>  (Choose 1)	<b>Presto Pasta</b>	Chicken Bites w/ Mac & Cheese and Roll	Chicken Wings & Pretzel	Meaty Cheese Nachos	General Tso's w/Lo Mein Noodles & Egg Roll
	<b>Chicken Filet Sandwich</b>	Dominos Cheese Pizza	<b>Cheeseburger</b>	<i>Spicy</i> Chicken Filet Sandwich	UNO's Specialty Pizza
		Dominos Pepperoni Pizza			<i>Cheeseburger</i>
	<b>Chicken Caesar Salad Pack</b>	<b>Buffalo Chicken Chef Salad Pack</b>	<b>Chicken Caesar Salad Pack</b>	<b>Buffalo Chicken Chef Salad Pack</b>	<b>Chicken Caesar Salad Pack</b>
<b>Yogurt Pack</b> Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	<b>Yogurt Parfait Pack</b> Fruit and Yogurt Parfait w/ Granola, Fruit	<b>Yogurt Pack</b> Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	<b>Yogurt Parfait Pack</b> Fruit and Yogurt Parfait w/ Granola, Fruit	<b>Yogurt Pack</b> Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	
<b>Veggies</b>  (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Seasoned Green Beans	Fiesta Black Beans	Steamed Mixed Greens	Potato SideWinders	Steamed Broccoli
	Fresh Celery Sticks	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	Fresh Veggie Medley
<b>Fruits</b>  (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Applesauce Cup	Chilled Fruit Cup	Frozen Fruit Juice Cup

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Menu 3					
Entrees	Toasted Grilled Cheese & Soup	Spaghetti w/ Meatsauce & Garlic Bread	Chicken & Dutch Waffle	Soft Taco Supreme	Sweet & Sour Chicken w/ Fried Rice & Egg Roll
		Dominos Cheese Pizza			Big Daddy Cheese Pizza
(Choose 1)	Chicken Filet Sandwich	Dominos Pepperoni Pizza	Cheeseburger	<i>Spicy</i> Chicken Filet Sandwich	Big Daddy Pepperoni Pizza
Grab & Go Packs	Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack
*Consist of a complete minimum component for reimbursable	Yogurt Pack	Yogurt Parfait Pack	Yogurt Pack	Yogurt Parfait Pack	Yogurt Pack
	Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit
Veggies	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
(May choose 2)	Steamed Corn	Baked Beans	Potato SideWinders	Steamed Broccoli	Seasoned Green Beans
	Fresh Celery Sticks	Fresh Cucumbers	Fresh Broccoli	Fresh Baby Carrots	Fresh Vegetable Medley
Fruits	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
(May choose 2) *One fruit juice per meal	Chilled Fruit Cup	Cinnamon Baked Apples	Chilled Fruit Cup	Chilled Applesauce Cup	Frozen Fruit Juice Cup