

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

JANUARY

[Blue bar]						
		1	2	3	4	5
[Green bar]						
6	7	8	9	10	11	12
[Yellow bar]						
13	14	15	16	17	18	19
[Blue bar]						
20	21	22	23	24	25	26
[Green bar]						
27	28	29	30	31		

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 Chickenw/ Rice 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					
Entrees	Pasta Bake & Garlic Bread	Chicken Bites & Mac & Cheese	Chicken Wings & Roll	Meaty Cheese Nachos	General Tso' s w/ Rice & Egg Roll
	(Choose 1)	Chicken Filet Sandwich	Dominos Cheese Pizza	Cheeseburger	<i>Spicy</i> Chicken Filet Sandwich
Dominos Pepperoni Pizza			<i>Cheeseburger</i>		
Grab & Go Packs Consist of a complete minimum component for reimbursable meals May choose one additional fruit and vegetable with pack	Chicken Caesar Salad Pack	Buffalo Chicken Chef Salad Pack	Chicken Caesar Salad Pack	Buffalo Chicken Chef Salad Pack	Chicken Caesar Salad 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 (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
Fruits (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