

**Hampton City Schools
Breakfast Menu - Middle Schools**



BREAKFAST PRICES

Elementary/Secondary - \$.90
Reduced - Free
Adult/Non-student - A la Carte

A variety of milk is offered daily.

Week 1					1	
<i>Entrees (Choose 1)</i>					WG Sausage Pancake on Stick	
					WG Breakfast Cereal	
					Yogurt w/ Graham Crackers	
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>					Fruit	
					Juice	
					Baby Carrots	
<i>Milk (Choose 1)</i>					Milk	
Week 2		4	5	6	7	8
<i>Entrees (Choose 1)</i>	Pop-Tart & Mozzarella String Cheese Stick	WG Apple Cinnamon French Toast	Sausage Panwich	Turkey Ham, Egg & Cheese Croissanwich	WG Fortified Donut	
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit	Fruit	Fruit	
	Juice	Juice	Juice	Juice	Juice	
	Baby Carrots	Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots	
<i>Milk (Choose 1)</i>	Milk	Milk	Milk	Milk	Milk	
Week 1		11	12	13		
<i>Entrees (Choose 1)</i>	Breakfast Pizza	WG Apple Cinnamon French Toast	Sausage Panwich			
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal			
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers			
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit			
	Juice	Juice	Juice			
	Baby Carrots	Baby Carrots	Hashbrown			
<i>Milk (Choose 1)</i>	Milk	Milk	Milk			

Snack-Fast (Every Week) (One juice per meal)	Monday	Tuesday	Wednesday	Thursday	Friday
	Pop-Tart & Cheese Stick	Fruit Loops & Cheese Stick	Cinnamon Grahams & Cheese Stick	Strawberry Crisp Bar & Cheese Stick	Goldfish Graham & Cheese Stick
	Fruit	Fruit	Fruit	Fruit	Fruit
	Juice	Juice	Juice	Juice	Juice

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