

**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 Carte



A variety of milk is offered daily.

					1	
Entrees (Choose 1)					Breakfast 4 Lunch Pancake, Sausage Link Scrambled Eggs	
					Turkey Chef Salad	
					Yogurt w/ Grain	
					Jammer Sandwich w/ Graham Crackers & Cheese	
Veggies (May choose 2)					<i>Garden Side Salad</i>	
					<i>Sweet Potato Waffle Fries</i>	
					<i>Fresh Cauliflower</i>	
Fruits (May choose 2) *One fruit juice per meal					<i>Fresh Fruit</i>	
					<i>Frozen Fruit Juice Cup</i>	
		4	5	6	7	8
Entrees (Choose 1)	Pasta Bake	Teriyaki Chicken w/ Rice and Egg Roll	Meaty Cheese Nachos	Dominos	Chicken Wings w/ Rolls	
	Rib B Que 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) *One fruit juice per meal	<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>	
		11	12	13		
Entrees (Choose 1)	Vegetable Lasagna & Toasted Garlic Cheese Bread	General Tso w/ Rice & Egg Roll	Swedish Meatballs w/ Rice and Roll	Grilled Chicken Chef Salad		
	Chicken Bites & Rolls					
	Italian Chef Salad	Chicken Caesar Salad	Fruit and Yogurt Parfait w/ Granola			
	Yogurt w/ Grain	Lunch Packs (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	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>Steamed Corn</i>	<i>Seasoned Green Beans</i>	<i>Baked Beans</i>			
	<i>Fresh Celery Sticks</i>	<i>Fresh Veggie Medley</i>	<i>Fresh Cauliflower</i>			
Fruits (May choose 2) *One fruit juice per meal	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>			
	<i>Chilled Peach Cup</i>	<i>Chilled Peach Cup</i>	<i>Cinnamon Baked Apples</i>			

[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

Menu Subject to Change