



Hampton City Schools
Lunch Menu - Phoebus High & Hampton High Schools

November

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 | 2 | 3 | |
|------------------------|---|--|--|--|--|
| Entrees (Choose 1) | | <u>Asian Bar</u> Steamed Rice & Egg Roll Choose 1: Orange Chicken OR Beef & Broccoli | Deli Bar (Phoebus Only - HHS will serve Manager's Choice) Choose 1 Grain: Variety Choose 1 M/MA: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese) | Chicken Wings & Roll Pizza Pepperoni or Cheese - Big Daddy | |
| | | Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit) | Chicken Caesar Salad Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit) | Fish Taco Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit) | |
| | Veggies (May choose 2) | Garden Side Salad | Garden Side Salad | Garden Side Salad | |
| | Fruits (May choose 2) | Stir Fry Cabbage | Baked Beans | Potato Sidewinders | |
| | Fresh Baby Carrots | Fresh Cucumber | Fresh Veggie Medley | | |
| | Fresh Fruit | Fresh Fruit | Fresh Fruit | | |
| | Chilled Applesauce Cup | Chilled Mixed Fruit Cup | Frozen Fruit Juice Cup | | |
| 6 | 7 | 8 | 9 | 10 | |
| Entrees (Choose 1) | Vegetable Bake & Toasted Garlic Cheese Bread | Roasted Chicken Drumstick & Rolls | <u>Pasta Bar</u> Choose 1: Spaghetti! Noodles OR Penne Noodles Choose 1: Meat Sauce OR Alfredo Garlic Bread | Deli Bar (Phoebus Only - HHS will serve Manager's Choice) Variety of Breads Choose 1: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, | Seafood Platter Fish, Shrimp & Corn Bread Pizza, Pepperoni OR Cheese - Big Daddy |
| | Pizza, Meatlovers- Big Daddy | Pizza, Pepperoni OR Cheese - Big Daddy | | | Southern Chicken Platter Chicken Bites & Corn Bread |
| | Chicken Filet Sandwich | Cheeseburger or Hamburger | | Hot Dog w/ Chili & Cheese | |
| | Lunch Pack: (1/2 Turkey Club Wrap & 1/2 Chopped Salad, Fruit) | Turkey Supreme Flat Wraps Chicken Caesar Salad Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit) | Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit) | Chicken Caesar Salad Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit) | Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit) |
| Veggies (May choose 2) | Garden Side Salad | Garden Side Salad | Garden Side Salad | Garden Side Salad | |
| | Steamed Corn | Au Gratin Potatoes | Steamed Broccoli | Baked Beans | Oven Roasted Cabbage |
| | Fresh Celery Sticks | Fresh Cucumbers | Fresh Cauliflower | Fresh Baby Carrots | Fresh Vegetable Medley |
| Fruits (May choose 2) | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| | Chilled Peach Cup | Chilled Pear Cup | Chilled Applesauce Cup | Chilled Mixed Fruit Cup | Frozen Fruit Juice Cup |
| 13 | 14 | 15 | 16 | 17 | |
| Entrees (Choose 1) | Corn Dog Nuggets |   | <u>Fiesta Bar</u> Choose 1: Soft or Hard Shell, or Nachos Choose 1 Protein: Beef Taco, Chicken OR Fiesta Black Beans (Condiments: Shredded Cheese, Lettuce, Sour Cream, Salsa) | Deli Bar (Phoebus Only - HHS will serve Manager's Choice) Choose 1 Grain: Variety Choose 1 M/MA: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese) | Swedish Meatballs w/ Rice & Rolls Pizza Pepperoni OR Cheese - Big Daddy |
| | Pizza Meatlovers - Nardones | | | | Toasted Grilled Cheese Sandwich & Soup |
| | Turkey Club Hoagie | | | Meatball Sub | |
| | Lunch Pack: (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit) | | | Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit) | Chicken Caesar Salad Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit) |
| Veggies (May choose 2) | Garden Side Salad | Garden Side Salad | Garden Side Salad | Garden Side Salad | |
| | Steamed Broccoli | Refried Beans | Tater Tots | Sweet Potato Waffle Fries | |
| | Fresh Cucumber Sticks | Fresh Baby Carrots | Fresh Broccoli | Fresh Cauliflower | |
| Fruits (May choose 2) | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | |
| | Chilled Peach Cup | Chilled Applesauce Cup | Chilled Mixed Fruit Cup | Frozen Fruit Juice Cup | |

| | 20 | 21 | 22 | 23 | 24 |
|------------------------|---|--|--|--|----|
| Entrees (Choose 1) | Vegetarian Pasta Bake | Chicken with Macaroni & Cheese |  | | |
| | Pizza Pepperoni or Cheese - Big Daddy | Pizza Pepperoni or Cheese - Big Daddy | | | |
| | Turkey Club Hoagie | Hamburger OR Cheeseburger Turkey Supreme Flat Wrap | | | |
| | Lunch Pack: (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit) | Chicken Caesar Salad Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit) | | | |
| Veggies (May choose 2) | Garden Side Salad | Garden Side Salad | | | |
| | Spicy Corn | Sautéed Mixed Greens | | | |
| | Fresh Celery Sticks | Fresh Broccoli | | | |
| Fruits (May choose 2) | Fresh Fruit | Fresh Fruit | | | |
| | Chilled Peach Cup | Chilled Pear Cup | | | |
| | 27 | 28 | 29 | 30 | |
| Entrees (Choose 1) | Vegetable Bake & Toasted Garlic Cheese Bread | Roasted Chicken Drumstick & Rolls | Pasta Bar | Deli Bar (Phoebus Only - HHS will serve Manager's Choice) | |
| | Pizza, Meatlovers- Big Daddy | Pizza, Pepperoni OR Cheese - Big Daddy | Choose 1: Spaghetti Noodles OR Penne Noodles | Variety of Breads | |
| | Chicken Filet Sandwich | Cheeseburger or Hamburger | Choose 1: Meat Sauce OR Alfredo Garlic Bread | Choose 1: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, | |
| | Lunch Pack: (1/2 Turkey Club Wrap & Manager's Choice, Fruit) | Turkey Supreme Flat Wraps | Lunch Pack: (1/2 Turkey Supreme Wrap, Manager's Choice, Fruit) | Hot Dog w/ Chili & Cheese | |
| Veggies (May choose 2) | | | | Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit) | |
| | Steamed Corn | Au Gratin Potatoes | Steamed Broccoli | Baked Beans | |
| | Fresh Celery Sticks | Fresh Cucumbers | Fresh Cauliflower | Fresh Baby Carrots | |
| Fruits (May choose 2) | | | | | |
| | Chilled Peach Cup | Chilled Pear Cup | Chilled Applesauce Cup | Chilled Mixed Fruit Cup | |

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

A variety of milk is offered daily.