



Hampton City Schools
Lunch Menu - Secondary 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) | | B.Y.O.T. (Build Your Own Taco) | Teriyaki Chicken w/ Rice & Egg Roll | Chicken Wings & Roll | | |
| | | Pizza Meatlovers - Nardones | Rib B Que Sandwich | Pizza Big Daddy (Pepperoni OR Cheese) | | |
| | | | Hamburger OR Cheeseburger | | | |
| | | Chicken Filet Sandwich Original OR Spicy | Italian Flat Wrap | Fish Taco | | |
| Veggies (May choose 2) | | Lunch Packs (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit) | Chicken Caesar Salad | Lunch Packs (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit) | | |
| | | | Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit) | | | |
| | | | Garden Side Salad | | Garden Side Salad | Garden Side Salad |
| | | | Fiesta Black Beans | | Steamed Broccoli | Potato SideWinders |
| Fruits (May choose 2) | | | Fresh Baby Carrots | 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) | Vegetarian Bake & Toasted Garlic Cheese Bread |  | Chicken & Dutch Waffle | Spaghetti w/ Meatsauce & Garlic Bread | Seafood Platter Fish & Corn Bread | |
| | Pizza Big Daddy (Pepperoni OR Cheese) | | Hot Dog w/ Chili & Cheese | | | |
| | Chicken Filet Sandwich Regular OR Spicy | | Pizza Meatlovers - Nardones | Hamburger OR Cheeseburger | Pizza Big Daddy (Pepperoni OR Cheese) | |
| | Lunch Packs 1/2 Turkey Club Wrap & 1/2 Chopped Salad, fruit | | Lunch Packs (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit) | Italian Flat Wraps | General Tso w/ Rice & Egg Roll | |
| Veggies (May choose 2) | Garden Side Salad | | Garden Side Salad | Garden Side Salad | Garden Side Salad | |
| | Steamed Corn | | Baked Beans | Steamed Broccoli | Oven Roasted Cabbage | |
| | Fresh Celery Sticks | | Fresh Cauliflower | Fresh Baby Carrots | Fresh Vegetable Medley | |
| 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 | |

| | 13 | 14 | 15 | 16 | 17 |
|--|---|---|--|--|--|
| Entrees (Choose 1) | Corn Dog Nuggets | Sweet and Sour Chicken w/ Rice and Egg Roll | Meaty Cheese Nachos | Chicken Bites & Rolls | Swedish Meatballs w/ Rice & Rolls |
| | Pizza Big Daddy (Pepperoni OR Cheese) | Pizza Big Daddy (Pepperoni OR Cheese) | Pizza Meatlovers - Big Daddy | Hamburger OR Cheeseburger | Pizza Big Daddy (Pepperoni OR Cheese) |
| | | Hamburger OR Cheeseburger | | | |
| | Turkey Club Hoagie | Turkey Club Flat Wrap | Chicken Filet Sandwich | Roast Beef Flat Wrap | Toasted Grilled Cheese Sandwich & Soup |
| Lunch Packs (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit) | Chicken Caesar Salad | Lunch Packs (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit) | Chicken Caesar Salad | Lunch Packs (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit) | |
| | Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit) | | Lunch Packs (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 | Garden Side Salad |
| | Spicy Corn | Seasoned Green Beans | Refried Beans | Tater Tots | Sweet Potato Waffle Fries |
| | Fresh Cucumber Sticks | Fresh Veggie Medley | Fresh Baby Carrots | Fresh Broccoli | Fresh Cauliflower |
| 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 |
| 20 | 21 | 22 | 23 | 24 | |
| Entrees (Choose 1) | Vegetarian Pasta Bake | Chicken Tenders & Mac&Cheese |  | | |
| | Pizza Big Daddy (Pepperoni OR Cheese) | Pizza Big Daddy (Pepperoni OR Cheese) | | | |
| | | Hamburger OR Cheeseburger | | | |
| | Turkey Club Hoagie | Turkey Supreme Flat Wrap | | | |
| Lunch Packs 1/2 Turkey Club Hoagie & 1/2 Chopped Salad, fruit | Chicken Caesar Salad | Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit) | | | |
| | Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit) | | | | |
| Veggies (May choose 2) | Garden Side Salad | Garden Side Salad | | | |
| | Seasoned Green Beans | Sauteed 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) | Vegetarian Bake & Toasted Garlic Cheese Bread | Roasted Chicken Drumstick & Rolls | Chicken & Dutch Waffle | Spaghetti w/ Meatsauce & Garlic Bread | |
| | | Pizza Big Daddy (Pepperoni OR Cheese) | | Hot Dog w/ Chili & Cheese | |
| | Pizza Big Daddy (Pepperoni OR Cheese) | Hamburger OR Cheeseburger | Pizza Meatlovers - Nardones | Hamburger OR Cheeseburger | |
| | Chicken Filet Sandwich Regular OR Spicy | Turkey Supreme Flat Wraps | | Italian Flat Wraps | |
| Lunch Packs 1/2 Turkey Club Wrap & Manager's Choice, Fruit | Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit) | Lunch Packs (1/2 Turkey Supreme Wrap, Manager's Choice, Fruit) | Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit) | | |
| Veggies (May choose 2) | Steamed Corn | Au Gratin Potatoes | Baked Beans | Steamed Broccoli | |
| | 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.](#)

Menu subject to change

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.

A variety of milk is offered daily.