

**Hampton City Schools
Breakfast Menu - Elementary Schools**



BREAKFAST PRICES

Elementary/Secondary - \$.90

Reduced - Free

Adult/Non-student - A la Carte

A variety of milk is offered daily.

Week 2	1	2	3	4	5
Entrees (Choose 1)		WG Apple Cinnamon French Toast	Turky Ham, Egg & Cheese Croissantwich	Bagel-ful	WG Fortified Donut
Fruits (May Choose 2) *One fruit juice per meal		Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers
Milk (Choose 1)		Fruit	Fruit	Fruit	Fruit
		Juice	Juice	Juice	Juice
		Milk	Milk	Milk	Milk
Week 1	8	9	10	11	12
Entrees (Choose 1)	Breakfast Pizza	Turkey Ham & Cheese on WG Hawaiian Bread	Beef Sausage & Cheese on Mini Bagel	Strawberry Crisp Bar	Sausage Pancake on Stick
Fruits (May Choose 2) *One fruit juice per meal	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers
Milk (Choose 1)	Fruit	Fruit	Fruit	Fruit	Fruit
	Juice	Juice	Juice	Juice	Juice
	Milk	Milk	Milk	Milk	Milk
Week 2	15	16	17	18	19
Entrees (Choose 1)		WG Apple Cinnamon French Toast	Turky Ham, Egg & Cheese Croissantwich	Bagel-ful	
Fruits (May Choose 2) *One fruit juice per meal		Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	
Milk (Choose 1)		Fruit	Fruit	Fruit	
		Juice	Juice	Juice	
		Milk	Milk	Milk	
Week 1	22	23	24	25	26
Entrees (Choose 1)		Turkey Ham & Cheese on WG Hawaiian Bread	Beef Sausage & Cheese on Mini Bagel	Strawberry Crisp Bar	Sausage Pancake on Stick
Fruits (May Choose 2) *One fruit juice per meal		Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers
Milk (Choose 1)		Fruit	Fruit	Fruit	Fruit
		Juice	Juice	Juice	Juice
		Milk	Milk	Milk	Milk
Week 2	29	30	31		
Entrees (Choose 1)	Pop-tart & Mozzarella String Cheese Stick	WG Apple Cinnamon French Toast	Turky Ham, Egg & Cheese Croissantwich		
Fruits (May Choose 2) *One fruit juice per meal	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers		
Milk (Choose 1)	Fruit	Fruit	Fruit		
	Juice	Juice	Juice		
	Milk	Milk	Milk		

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