

Hampton City Schools Breakfast Menu - Elementary Schools September

BREAKFAST PRICES

Elementary/Secondary - \$.90

Reduced - Free

Adult/Non-student - A la Carte

A variety of milk is offered daily.

Week 1	4	5	6	7	8
<i>Entrees (Choose 1)</i>		Turkey Ham & Cheese on WG Hawaiian Bread	Beef Sausage & Cheese on Mini Bagel	Strawberry Crisp Bar	Sausage Pancake on Stick
		Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers
		Fruit	Fruit	Fruit	Fruit
		Juice	Juice	Juice	Juice
<i>Fruits (May Choose 2) *One fruit juice per meal</i>					
<i>Milk (Choose 1)</i>		Milk	Milk	Milk	Milk
Week 2	11	12	13	14	15
<i>Entrees (Choose 1)</i>	Pop-tart & Mozzarella String Cheese Stick	WG Apple Cinnamon French Toast	Turky Ham, Egg & Cheese Croissantwich	Bagel-ful	WG Fortified Donut
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers
	Fruit	Fruit	Fruit	Fruit	Fruit
	Juice	Juice	Juice	Juice	Juice
<i>Fruits (May Choose 2) *One fruit juice per meal</i>					
<i>Milk (Choose 1)</i>	Milk	Milk	Milk	Milk	Milk
Week 1	18	19	20	21	22
<i>Entrees (Choose 1)</i>	Breakfast Pizza	Turkey Ham & Cheese on WG Hawaiian Bread	Beef Sausage & Cheese on Mini Bagel	Strawberry Crisp Bar	Sausage Pancake on Stick
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers
	Fruit	Fruit	Fruit	Fruit	Fruit
	Juice	Juice	Juice	Juice	Juice
<i>Fruits (May Choose 2) *One fruit juice per meal</i>					
<i>Milk (Choose 1)</i>	Milk	Milk	Milk	Milk	Milk
Week 2	25	26	27	28	29
<i>Entrees (Choose 1)</i>	Pop-tart & Mozzarella String Cheese Stick	WG Apple Cinnamon French Toast	Turky Ham, Egg & Cheese Croissantwich	Bagel-ful	WG Fortified Donut
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers
	Fruit	Fruit	Fruit	Fruit	Fruit
	Juice	Juice	Juice	Juice	Juice
<i>Fruits (May Choose 2) *One fruit juice per meal</i>					
<i>Milk (Choose 1)</i>	Milk	Milk	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.**

A variety of milk is offered daily.