

**Hampton City Schools
Breakfast Menu - Secondary 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>	Breakfast Pizza	Turkey Ham and Cheese on Hawaiian Bread	Chicken Biscuit Sandwich	Scrambled Eggs, Sausage & Toast	WG Sausage Pancake on Stick
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit	Fruit	Fruit
	Juice	Juice	Juice	Juice	Juice
	Baby Carrots	Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots
<i>Milk (Choose 1)</i>	Milk	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	Sausage Panwich	Turkey Ham, Egg & Cheese Croissanwich	WG Fortified Donut
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit	Fruit	Fruit
	Juice	Juice	Juice	Juice	Juice
	Baby Carrots	Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots
<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 and Cheese on Hawaiian Bread	Chicken Biscuit Sandwich	Scrambled Eggs, Sausage & Toast	WG Sausage Pancake on Stick
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit	Fruit	Fruit
	Juice	Juice	Juice	Juice	Juice
	Baby Carrots	Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots
<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	Sausage Panwich	Turkey Ham, Egg & Cheese Croissantwich	WG Fortified Donut
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit	Fruit	Fruit
	Juice	Juice	Juice	Juice	Juice
	Baby Carrots	Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots
Snack-Fast (Every Week) (One juice per meal)	Monday	Tuesday	Wednesday	Thursday	Friday
	Pop-Tart & Cheese Stick	Fruit Loops & Cheese Stick	Cinnamon Grahams & Cheese Stick	Strawberry Crisp Bar & Cheese Stick	Goldfish Graham & Cheese Stick
	Fruit	Fruit	Fruit	Fruit	Fruit
	Juice	Juice	Juice	Juice	Juice

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.