
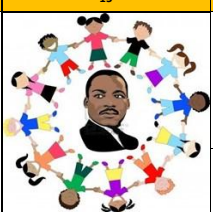




**Hampton City Schools  
Lunch Menu - Elementary Schools**



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	4	5
Entrees (Choose 1)		Toasted Grilled Cheese Sandwich & Soup	BYOT (Build Your Own Taco)	Hot Dog on Bun	Chicken Wings w/ Rolls
		Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Tuna Chef Salad
		Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain
		Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	
	Spicy Corn	Fiesta Black Beans	Peas & Mushrooms	Potato Side Winders	
	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	Fresh Veggie Medley	
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Peach Cup	Chilled Applesauce Cup	100 % Fruit Juice	Frozen Fruit Juice Cup	
<b>8 9 10 11 12</b>					
Entrees (Choose 1)	Vegetable Bake & Toasted Garlic Cheese Bread	General Tso w/ Rice & Egg Roll	Roasted Chicken w/ Macaroni & Cheese and Roll	Spaghetti w/ Meatsauce & Garlic Bread	Cheeseburger or Hamburger
	Chicken Bites & Rolls				Pizza - Cheese or Pepperoni
	Chopped Salad Chicken & Bacon Chopped Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Turkey Chef Salad
	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Corn	Sauteed Mixed Greens	Baked Beans	Steamed Broccoli	Roasted Potato Medley
	Fresh Celery Sticks	Fresh Cucumbers	Fresh Cauliflower	Fresh Baby Carrots	Fresh Vegetable Medley
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Peach Cup	Chilled Pear Cup	Chilled Mixed Fruit Cup	Chilled Applesauce Cup	Frozen Fruit Juice Cup
<b>15 16 17 18 19</b>					
Entrees (Choose 1)	  Martin Luther King Jr. Day No School	Pizza, Pepperoni OR Cheese	Meaty Cheese Nachos	Breakfast 4 Lunch French Toast, Sausage Link & Scrambled Eggs	Chicken Filet Sandwich Regular OR Spicy
		Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Fishermans Catch Fish & Corn Bread
		Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	
	Seasoned Green Beans	Refried Beans	Tater Tots	Sweet Potato Waffle Fries	
	Fresh Veggie Medley	Fresh Baby Carrots	Fresh Broccoli	Fresh Cauliflower	
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Peach Cup	Chilled Applesauce Cup	100 % Fruit Juice	Frozen Fruit Juice Cup	

	22	23	24	25	26
Entrees (Choose 1)	Pasta Bake	Toasted Grilled Cheese Sandwich & Soup	BYOT (Build Your Own Taco)	Hot Dog on Bun	
	Rib B Que Sandwich				
	Chopped Salad Chicken & Bacon Chopped Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	
	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	
	Steamed Broccoli	Spicy Corn	Fiesta Black Beans	Peas & Mushrooms	
	Fresh Celery Sticks	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	100 % Fruit Juice	
	29	30	31		
Entrees (Choose 1)		General Tso w/ Rice & Egg Roll	Roasted Chicken w/ Macaroni & Cheese and Roll		
		Chicken Caesar Salad	Grilled Chicken Chef Salad		
		Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain		
		Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese		
Veggies (May choose 2)		Garden Side Salad	Garden Side Salad		
		Sauteed Mixed Greens	Baked Beans		
		Fresh Cucumbers	Fresh Cauliflower		
Fruits (May choose 2) *One fruit juice per meal		Fresh Fruit	Fresh Fruit		
		Chilled Pear 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