

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
Entrees (Choose 1)					Spaghetti w/ Meatsauce & Garlic Bread	Cheeseburger or Hamburger
						Pizza - Cheese or Pepperoni
					Chicken Caesar Salad	Turkey 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
					Steamed Broccoli	Roasted Potato Medley
					Fresh Baby Carrots	Fresh Vegetable Medley
					Fresh Fruit	Fresh Fruit
Fruits (May choose 2) *One fruit juice per meal					Chilled Applesauce Cup	Frozen Fruit Juice Cup
		5	6	7	8	9
Entrees (Choose 1)	Toasted Garlic Cheese Bread w/ Marinara Sauce	Pizza, Pepperoni OR Cheese	Meaty Cheese Nachos	Breakfast 4 Lunch French Toast, Sausage Link & Scrambled Eggs	Chicken Filet Sandwich Regular OR Spicy	
	Chicken Tenders & Roll					Fishermans Catch Fish & Corn Bread
	Chopped Salad Chicken & Bacon Chopped Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Turkey Chef Salad	
	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	
	Oven Roasted Cabbage	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) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Pineapple Cup	Chilled Peach Cup	Chilled Applesauce Cup	100 % Fruit Juice	Frozen Fruit Juice Cup	

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	12	13	14	15	16
Entrees (Choose 1)	Pasta Bake	Toasted Grilled Cheese Sandwich & Soup	BYOT (Build Your Own Taco)	Hot Dog on Bun	Chicken Wings w/ Rolls
	Rib B Que Sandwich				
	Chopped Salad Chicken & Bacon Chopped Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Tuna 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 Broccoli	Spicy Corn	Fiesta Black Beans	Peas & Mushrooms	Potato Side Winders
	Fresh Celery Sticks	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	Fresh Fruit
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	100 % Fruit Juice	Frozen Fruit Juice Cup
	19	20	21	22	23
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
	26	27	28		
Entrees (Choose 1)	Toasted Garlic Cheese Bread w/ Marinara Sauce	Pizza, Pepperoni OR Cheese	Meaty Cheese Nachos		
	Chicken Tenders & Roll				
	Chopped Salad Chicken & Bacon Chopped Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad		
	Yogurt w/ Grain				
	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		
	Oven Roasted Cabbage	Seasoned Green Beans	Refried Beans		
	Fresh Cucumber Sticks	Fresh Veggie Medley	Fresh Baby Carrots		
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit		
	Chilled Pineapple Cup	Chilled Peach Cup	Chilled Applesauce 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