

Hampton City Schools
Lunch Menu - Phoebus High & Hampton High Schools

February

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)		Deli Bar (Phoebus Only - HHS will serve Manager's Choice)	Seafood Platter Fish, Shrimp & Corn Bread
		Variety of Breads	Pizza, Pepperoni OR Cheese - Big Daddy
		Choose 1: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives,	Southern Chicken Platter Chicken Bites & Corn Bread
		Hot Dog w/ Chili & Cheese	Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)
		Chicken Caesar Salad	
	Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)		
Veggies (May choose 2)		Garden Side Salad	Garden Side Salad
		Baked Beans	Oven Roasted Cabbage
		Fresh Baby Carrots	Fresh Vegetable Medley
Fruits (May choose 2)		Fresh Fruit	Fresh Fruit
		Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup

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	5	6	7	8	9
Entrees (Choose 1)	Corn Dog Nuggets	Chicken & Dutch Waffle	<u>Fiesta Bar</u>	Deli Bar (Phoebus Only - HHS will serve Manager's Choice)	Swedish Meatballs w/ Rice & Rolls
	Pizza Domino's	Pizza Pepperoni OR Cheese - Big Daddy	Choose 1: <i>Soft or Hard Shell, or Nachos</i>	Choose 1 Grain: <i>Variety</i>	Pizza Pepperoni OR Cheese - Big Daddy
	Turkey Club Hoagie	Hamburger OR Cheeseburger	Choose 1 Protein: <i>Beef Taco, Chicken OR Fiesta Black Beans (Condiments: Shredded Cheese, Lettuce, Sour Cream, Salsa)</i>	Choose 1 M/NA: <i>Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions,</i>	Toasted Grilled Cheese Sandwich & Soup
	Lunch Pack: (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Turkey Club Flat Wrap	Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Meatball Sub	Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)
		Chicken Caesar Salad		Chicken Caesar Salad	
	Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)		Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)		
Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	
Veggies (May choose 2)	Steamed Broccoli	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)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup

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	12	13	14	15	16
Entrees (Choose 1)	Vegetarian Pasta Bake	Chicken with Macaroni & Cheese	<u>Asian Bar</u>	Deli Bar (Phoebus Only - HHS will serve Manager's Choice)	Chicken Wings & Roll
	Pizza Domino's	Pizza Pepperoni or Cheese - Big Daddy	Steamed Rice & Egg Roll	Choose 1 Grain: Variety	Pizza Pepperoni or Cheese - Big Daddy
	Turkey Club Hoagie	Hamburger OR Cheeseburger	Choose 1: Orange Chicken OR Beef & Broccoli	Choose 1 M/MA: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese)	
		Turkey Supreme Flat Wrap		Rib 6 Que Sandwich	Fish Taco
	Lunch Pack: (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Chicken Caesar Salad	Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Chicken Caesar Salad	Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)
		Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar)		Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar)	
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Spicy Corn	Sauteed Mixed Greens	Stir Fry Cabbage	Baked Beans	Potato Sidewinders
	Fresh Celery Sticks	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	Fresh Veggie Medley
Fruits (May choose 2)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup
	19	20	21	22	23
Entrees (Choose 1)	Vegetable Bake & Toasted Garlic Cheese Bread	Roasted Chicken Drumstick & Rolls	<u>Pasta Bar</u>	Deli Bar (Phoebus Only - HHS will serve Manager's Choice)	Seafood Platter Fish, Shrimp & Corn Bread
	Pizza Domino's	Pizza, Pepperoni OR Cheese - Big Daddy	Choose 1: Spaghetti/ Noodles OR Penne Noodles	Variety of Breads	Pizza, Pepperoni OR Cheese - Big Daddy
	Chicken Filet Sandwich	Cheeseburger or Hamburger	Choose 1: Meat Sauce OR Alfredo Garlic Bread	Choose 1: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives,	Southern Chicken Platter Chicken Bites & Corn Bread
		Turkey Supreme Flat Wraps	Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Hot Dog w/ Chili & Cheese	Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)
	Chicken Caesar Salad	Chicken Caesar Salad			
	Lunch Pack: (1/2 Turkey Club Wrap & 1/2 Chopped Salad, Fruit)	Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)		Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Corn	Au Gratin Potatoes	Steamed Broccoli	Baked Beans	Oven Roasted Cabbage
	Fresh Celery Sticks	Fresh Cucumbers	Fresh Cauliflower	Fresh Baby Carrots	Fresh Vegetable Medley
Fruits (May choose 2)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup
	26	27	28		
Entrees (Choose 1)	Corn Dog Nuggets	Chicken & Dutch Waffle	<u>Fiesta Bar</u>		
	Pizza Domino's	Pizza Pepperoni OR Cheese - Big Daddy	Choose 1: Soft or Hard Shell, or Nachos		
	Turkey Club Hoagie	Hamburger OR Cheeseburger	Choose 1 Protein: Beef Taco, Chicken OR Fiesta Black Beans (Condiments: Shredded Cheese, Lettuce, Sour Cream, Salsa)		
		Turkey Club Flat Wrap	Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)		
		Chicken Caesar Salad			
	Lunch Pack: (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)			
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad		
	Steamed Broccoli	Seasoned Green Beans	Refried Beans		
	Fresh Cucumber Sticks	Fresh Veggie Medley	Fresh Baby Carrots		
Fruits (May choose 2)	Fresh Fruit	Fresh Fruit	Fresh Fruit		
	Chilled Peach Cup	Chilled Pear 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.