

Hampton City Schools  
Lunch Menu - Secondary 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)					Spaghetti w/ Meatsauce & Garlic Bread	Seafood Platter Fish & Corn Bread
					Hot Dog w/ Chili & Cheese	
					Hamburger OR Cheeseburger	Pizza Big Daddy (Pepperoni OR Cheese)
					Italian Flat Wraps	General Tso w/ Rice & Egg Roll
					Chicken Caesar Salad	Lunch Packs (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)
					Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit- Cinnamon, Fruit)	
Veggies (May choose 2)						Garden Side Salad
						Oven Roasted Cabbage
						Fresh Vegetable Medley
						Fresh Fruit
						Frozen Fruit Juice Cup
		5	6	7	8	9
Entrees (Choose 1)	Corn Dog Nuggets	Pizza MS ONLY - Dominos	Pizza Meatlovers - Big Daddy	Hamburger OR Cheeseburger	Swedish Meatballs w/ Rice & Rolls	
	Pizza HS ONLY - Dominos	Hamburger OR Cheeseburger				
	Turkey Club Hoagie	Turkey Club Flat Wrap	Chicken Filet Sandwich	Roast Beef Flat Wrap	Pizza Big Daddy (Pepperoni OR Cheese)	
	Lunch Packs (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Chicken Caesar Salad	Lunch Packs (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Chicken Caesar Salad	Toasted Grilled Cheese Sandwich & Soup	
	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)		Lunch Packs (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)		
	Garden Side Salad	Garden Side Salad	Garden Side Salad			
Veggies (May choose 2)	Garden Side Salad	Seasoned Green Beans	Refried Beans	Tater Tots	Garden Side Salad	
	Spicy Corn	Fresh Veggie Medley	Fresh Baby Carrots	Fresh Broccoli	Sweet Potato Waffle Fries	
	Fresh Cucumber Sticks	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Cauliflower	
Fruits (May choose 2)	Fresh Fruit	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Fresh Fruit	
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup	

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A variety of milk is offered daily.

	12	13	14	15	16
Entrees (Choose 1)	Corn Dog Nuggets	Chicken Tenders & Mac&Cheese	B.Y.O.T. (Build Your Own Taco)	Teriyaki Chicken w/ Rice & Egg Roll	Chicken Wings & Roll
	Pizza HS ONLY - Dominos	Pizza MS ONLY - Dominos	Pizza Meatlovers - Nardones	Rib B Que Sandwich	Pizza Big Daddy (Pepperoni OR Cheese)
		Hamburger OR Cheeseburger		Hamburger OR Cheeseburger	
	Turkey Club Hoagie	Turkey Supreme Flat Wrap	Chicken Filet Sandwich Original OR Spicy	Italian Flat Wrap	Fish Taco
Lunch Packs (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Chicken Caesar Salad	Lunch Packs (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Chicken Caesar Salad	Lunch Packs (1/2 Roast Beef Wrap, 1/2 Garden Chef 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
	Spicy Corn	Sauteed Mixed Greens	Fiesta Black Beans	Steamed Broccoli	Potato SideWinders
	Fresh Cucumber 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					
Entrees (Choose 1)	Vegetarian Bake & Toasted Garlic Cheese Bread	Roasted Chicken Drumstick & Rolls	Chicken & Dutch Waffle	Spaghetti w/ Meatsauce & Garlic Bread	Seafood Platter Fish & Corn Bread
	Pizza HS ONLY - Dominos	Pizza MS ONLY - Dominos		Hot Dog w/ Chili & Cheese	
		Hamburger OR Cheeseburger	Hamburger OR Cheeseburger	Italian Flat Wraps	Pizza Big Daddy (Pepperoni OR Cheese)
	Chicken Filet Sandwich Regular OR Spicy	Turkey Supreme Flat Wraps	Pizza Meatlovers - Nardones	General Tso w/ Rice & Egg Roll	
Lunch Packs 1/2 Turkey Club Wrap & 1/2 Chopped Salad, Fruit	Chicken Caesar Salad	Lunch Packs (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Chicken Caesar Salad	Lunch Packs (1/2 Roast Beef Wrap, 1/2 Garden Chef 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	Baked Beans	Steamed Broccoli	Oven Roasted Cabbage
	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 Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup
26					
27					
28					
Entrees (Choose 1)	Corn Dog Nuggets	Pizza MS ONLY - Dominos	Pizza Meatlovers - Big Daddy		
	Pizza HS ONLY - Dominos	Hamburger OR Cheeseburger			
		Turkey Club Flat Wrap	Lunch Packs (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)		
	Turkey Club Hoagie	Chicken Caesar Salad	Garden Side Salad		
Lunch Packs (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Garden Side Salad			
	Garden Side Salad				
Veggies (May choose 2)	Garden Side Salad	Seasoned Green Beans	Refried Beans		
	Spicy Corn	Fresh Veggie Medley	Fresh Baby Carrots		
	Fresh Cucumber Sticks	Fresh Fruit	Fresh Fruit		
Fruits (May choose 2)	Fresh Fruit	Chilled Pear Cup	Chilled Applesauce Cup		
	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