

**Hampton City Schools
Breakfast Menu - Elementary Schools**



BREAKFAST PRICES

Elementary/Secondary - \$.90

Reduced - Free

Adult/Non-student - A la Carte

A variety of milk is offered daily.

Week 2				1	2	
<i>Entrees (Choose 1)</i>				Bagel-ful	WG Fortified Donut	
				Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	
<i>Fruits (May Choose 2) *One fruit juice per meal</i>				Fruit	Fruit	
<i>Milk (Choose 1)</i>				Juice	Juice	
				Milk	Milk	
Week 1		5	6	7	8	9
<i>Entrees (Choose 1)</i>	Breakfast Pizza	Turkey Ham & Cheese on WG Hawaiian Bread	Beef Sausage & Cheese on Mini Bagel	Strawberry Crisp Bar	Sausage Pancake on Stick	
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	
<i>Fruits (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit	Fruit	Fruit	
	Juice	Juice	Juice	Juice	Juice	
<i>Milk (Choose 1)</i>	Milk	Milk	Milk	Milk	Milk	
Week 2		12	13	14	15	16
<i>Entrees (Choose 1)</i>	Pop-tart & Mozzarella String Cheese Stick	<i>WG Apple Cinnamon</i> French Toast	Turky Ham, Egg & Cheese Croissantwiche	Bagel-ful	WG Fortified Donut	
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	
<i>Fruits (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit	Fruit	Fruit	
	Juice	Juice	Juice	Juice	Juice	
<i>Milk (Choose 1)</i>	Milk	Milk	Milk	Milk	Milk	
Week 1		19	20	21	22	23
<i>Entrees (Choose 1)</i>	Breakfast Pizza	Turkey Ham & Cheese on WG Hawaiian Bread	Beef Sausage & Cheese on Mini Bagel	Strawberry Crisp Bar	Sausage Pancake on Stick	
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	
<i>Fruits (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit	Fruit	Fruit	
	Juice	Juice	Juice	Juice	Juice	
<i>Milk (Choose 1)</i>	Milk	Milk	Milk	Milk	Milk	
Week 2		26	27	31		
<i>Entrees (Choose 1)</i>	Pop-tart & Mozzarella String Cheese Stick	<i>WG Apple Cinnamon</i> French Toast	Turky Ham, Egg & Cheese Croissantwiche			
	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers			
<i>Fruits (May Choose 2) *One fruit juice per meal</i>	Fruit	Fruit	Fruit			
	Juice	Juice	Juice			
<i>Milk (Choose 1)</i>	Milk	Milk	Milk			

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