

**Hampton City Schools
Breakfast Menu - Secondary 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>						Turkey Ham, Egg & Cheese Croissanwich	WG Fortified Donut
						WG Breakfast Cereal	WG Breakfast Cereal
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>						Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers
						Fruit	Fruit
						Juice	Juice
<i>Milk (Choose 1)</i>						Baby Carrots	Baby Carrots
						Milk	Milk
Week 1		5	6	7	8	9	
<i>Entrees (Choose 1)</i>	Breakfast Pizza	Turkey Ham and Cheese on Hawaiian Bread	Chicken Biscuit Sandwich	Scrambled Eggs, Sausage & Toast	WG Sausage Pancake on Stick		
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal		
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers		
	Fruit	Fruit	Fruit	Fruit	Fruit		
	Juice	Juice	Juice	Juice	Juice		
<i>Milk (Choose 1)</i>	Baby Carrots	Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots		
		Milk	Milk	Milk	Milk	Milk	
Week 2		12	13	14	15	16	
<i>Entrees (Choose 1)</i>	Pop-Tart & Mozzarella String Cheese Stick	WG Apple Cinnamon French Toast	Sausage Panwich	Turkey Ham, Egg & Cheese Croissanwich	WG Fortified Donut		
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal		
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers		
	Fruit	Fruit	Fruit	Fruit	Fruit		
	Juice	Juice	Juice	Juice	Juice		
<i>Milk (Choose 1)</i>	Baby Carrots	Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots		
		Milk	Milk	Milk	Milk	Milk	
Week 1		19	20	21	22	23	
<i>Entrees (Choose 1)</i>	Breakfast Pizza	WG Apple Cinnamon French Toast	Sausage Panwich	Turkey Ham, Egg & Cheese Croissantwich	WG Sausage Pancake on Stick		
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal		
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers		
	Fruit	Fruit	Fruit	Fruit	Fruit		
	Juice	Juice	Juice	Juice	Juice		
<i>Milk (Choose 1)</i>	Baby Carrots	Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots		
		Milk	Milk	Milk	Milk	Milk	
Week 2		26	27	28			
<i>Entrees (Choose 1)</i>	Pop-Tart & Mozzarella String Cheese Stick	WG Apple Cinnamon French Toast	Sausage Panwich				
	WG Breakfast Cereal	WG Breakfast Cereal	WG Breakfast Cereal				
<i>Fruits & Veggie (May Choose 2) *One fruit juice per meal</i>	Yogurt w/ Graham Crackers	Breakfast Smoothie w/ Graham Crackers	Yogurt w/ Graham Crackers				
	Fruit	Fruit	Fruit				
	Juice	Juice	Juice				
<i>Milk (Choose 1)</i>	Baby Carrots	Baby Carrots	Hashbrown				
		Milk	Milk	Milk			
<i>Snack-Fast (Every Week) (One juice per meal)</i>	Monday	Tuesday	Wednesday	Thursday	Friday		
	Pop-Tart & Cheese Stick	Fruit Loops & Cheese Stick	Cinnamon Grahams & Cheese Stick	Strawberry Crisp Bar & Cheese Stick	Goldfish Graham & Cheese Stick		
	Fruit	Fruit	Fruit	Fruit	Fruit		
	Juice	Juice	Juice	Juice	Juice		

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