

November 2018

Hampton City Schools
Elementary Lunch Menu


**Aberdeen, Armstrong, Bassette, Bryan, Burbank,
Cary, Cooper, Forrest, Kraft, Machen, Phillips, Tyler**

		1	2
Entrees (Choose 1)	 <p>We're Hiring!</p> <ul style="list-style-type: none"> • Work while kids are in school! • Off when school is out! • Work M-F or create your own schedule! <p>JOB FAIR </p> <p>November 7, 2018 9am - 3pm On the spot interviews!</p> <p>Call 757-727-2350 for more information.</p>	Dominos Cheese Pizza	General Tso's w/ Rice and Egg Roll
		Dominos Pepperoni Pizza	
		Cheeseburger	
Grab & Go Packs *Consist of a complete minimum component for reimbursable meals *May choose one additional fruit and vegetable with pack		Salad and Sandwich Pack Buffalo Chicken Chef Salad & Italian Slider Sandwich	Salad and Sandwich Pack Chicken Caesar Salad & Italian Slider Sandwich
		Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit
		Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit
Veggies (May choose 2)		Garden Side Salad	Garden Side Salad
		Sweet Potato Wedges	Seasoned Green Beans
		Fresh Broccoli	Fresh Veggie Medley
Fruits (May choose 2) *One fruit juice per meal		Fresh Fruit	Fresh Fruit
		Chilled Fruit Cup	*Frozen Fruit Juice Cup

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	5	6	7	8	9
Entrees (Choose 1)	Toasted Grilled Cheese & Soup	 SCHOOLS CLOSED	Spaghetti w/ Meatsauce and Garlic Bread	Dominos Cheese Pizza	Sweet & Sour Chicken w/ Rice and Egg Roll
	Chicken Bites & Rolls			Dominos Pepperoni Pizza	
Grab & Go Packs *Consist of a complete minimum component for reimbursable meals	Salad and Sandwich Pack Chicken Caesar Salad & Turkey Croissant Sandwich		Salad and Sandwich Pack Chicken Caesar Salad & Turkey Croissant Sandwich	Salad and Sandwich Pack Garden Chef Salad & Turkey Croissant Sandwich	Salad and Sandwich Pack Chicken Caesar Salad & Turkey Croissant Sandwich
	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit		Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit
	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit		Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit
Veggies (May choose 2)	Garden Side Salad		Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Corn		Steamed Broccoli	Seasoned Green Beans	Steamed Mixed Greens
	Fresh Celery Sticks		Fresh Cucumber Slices	Fresh Broccoli	Fresh Vegetable Medley
Fruits (May choose 2) *One fruit juice per	Fresh Fruit		Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Fruit Cup		Cinnamon Baked Apples	Chilled Applesauce Cup	*Frozen Fruit Juice Cup

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	12	13	14	15	16
Entrees (Choose 1)	Fettuccine Alfredo & Garlic Bread	Meaty Cheese Nachos	Breakfast 4 Lunch Waffles, Sausage Link & Scrambled Eggs	Dominos Cheese Pizza	Teriyaki Chicken w/ Rice and Egg Roll
	Chicken Tenders & Cornbread		Corn Dog Nuggets	Dominos Pepperoni Pizza	
Grab & Go Packs *Consist of a complete minimum component for reimbursable meals	Salad and Sandwich Pack Chicken Caesar Salad & Sunberry Crunch Wrap		Salad and Sandwich Pack Turkey Chef Salad & Sunberry Crunch Wrap	Salad and Sandwich Pack Chicken Caesar Salad & Sunberry Crunch Wrap	
*May choose one additional fruit and vegetable with pack	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit
	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Sweet Potato Wedges	Refried Beans	Steamed Mixed Greens	Baked Beans	Tater Tots
	Fresh Cucumber Slices	Fresh Broccoli	Fresh Baby Carrots	Fresh Veggie Medley	Fresh Celery Sticks
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Baked Apples and Sweet Potatoes	Chilled Fruit Cup	Chilled Applesauce Cup	Chilled Fruit Cup	*Frozen Fruit Juice Cup

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	19	20	21	22	23
Entrees (Choose 1) Grab & Go Packs *Consist of a complete minimum component for reimbursable meals *May choose one additional fruit and vegetable with pack	Morning Star Casserole & Garlic Bread	Meaty Cheese Nachos	 <p>FALL BREAK</p>		
	Hot Dog on Bun				
	Salad and Sandwich Pack Chicken Caesar Salad & Italian Slider Sandwich	Salad and Sandwich Pack Buffalo Chicken Chef Salad & Italian Slider Sandwich			
	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit			
	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese, Fruit			
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad			
	Steamed Broccoli	Fiesta Black Beans			
	Fresh Celery Sticks	Fresh Cucumber Slices			
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit			
	Chilled Fruit Cup	Chilled Fruit Cup			

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	26	27	28	29	30
Entrees (Choose 1)	Toasted Grilled Cheese & Soup	Soft Taco	Spaghetti w/ Meatsauce and Garlic Bread	Dominos Cheese Pizza	Sweet & Sour Chicken w/ Rice and Egg Roll
	Chicken Bites & Rolls			Dominos Pepperoni Pizza	
Grab & Go Packs *Consist of a complete minimum component for reimbursable meals	Salad and Sandwich Pack Chicken Caesar Salad & Turkey Croissant	Salad and Sandwich Pack Garden Chef Salad & Turkey Croissant Sandwich	Salad and Sandwich Pack Chicken Caesar Salad & Turkey Croissant	Salad and Sandwich Pack Garden Chef Salad & Turkey Croissant Sandwich	Salad and Sandwich Pack Chicken Caesar Salad & Turkey Croissant
*May choose one additional fruit and vegetable with pack	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Pack Yogurt 8oz, Cocoa Cherry Bar, Gold Fish Graham, Fruit
	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese,	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese,	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese,	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese,	Jammer Sandwich Pack 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	Baked Beans	Steamed Broccoli	Seasoned Green Beans	Steamed Mixed Greens
	Fresh Celery Sticks	Fresh Baby Carrots	Fresh Cucumber Slices	Fresh Broccoli	Fresh Vegetable Medley
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Fruit Cup	Chilled Fruit Cup	Cinnamon Baked Apples	Chilled Applesauce Cup	*Frozen Fruit Juice Cup