

OCTOBER 2018

Hampton City Schools High School Lunch Menu 2018-2019

Week 2	1	2	3	4	5
Hot Entrees (Choose One)	Corn Dog Nuggets	Meaty Cheese Nachos	Meatball Hoagie Sandwich	Chicken Bites & Cornbread	Teriyaki Chicken w/ Rice & Egg Roll
	Dominos Cheese Pizza	Big Daddy Cheese Pizza	Meatlovers Pizza <i>Nardones</i>	Big Daddy Cheese Pizza	UNO's Specialty Pizza
	Dominos Pepperoni Pizza	Big Daddy Pepperoni Pizza		Big Daddy Pepperoni Pizza	<i>Buffalo Chicken</i>
	<i>Spicy</i> Chicken Filet Sandwich	Hamburger	Chicken Filet Sandwich	Bacon Cheeseburger	<i>Spicy</i> Chicken Filet Sandwich
*Grab & Go Packs consist of a complete minimum component for reimbursable meals *May choose an additional fruit and vegetable with pack	Chicken Caesar Salad Pack	Turkey Chef Salad Pack	Chicken Caesar Salad Pack	Turkey Chef Salad Pack	Chicken Caesar Salad Pack
	Turkey Bacon Hoagie Pack	Chicken Caesar Wrap Pack	Italian Flat Bread Pack	Turkey & Cheese Sandwich Pack	Buffalo Chicken Wrap Pack
	Yogurt Pack Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Mashed Potatoes	Refried Beans	Seasoned Green Beans	Tater Tots	Sweet Potato Wedges
	Fresh Cucumber Sticks	Fresh Veggie Medley	Fresh Baby Carrots	Fresh Broccoli	Fresh Celery Sticks
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	Baked Apples and Sweet Potatoes	Chilled Applesauce Cup	Frozen Fruit Juice Cup

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Week 3	8	9	10	11	12
Hot Entrees (Choose One)	Pasta Bake & Garlic Bread	Meaty Cheese Nachos	Chicken Bites & Mac & Cheese	Chicken Wings & Roll	General Tso' s w/ Rice & Egg Roll
	Dominos Cheese Pizza	Big Daddy Cheese Pizza	Meatlovers Pizza	Big Daddy Cheese Pizza	UNO's Specialty Pizza
	Dominos Pepperoni Pizza	Big Daddy Pepperoni Pizza	<i>Nardones</i>	Big Daddy Pepperoni Pizza	<i>Cheeseburger</i>
	<i>Spicy</i> Chicken Filet Sandwich	Hamburger	Chicken Filet Sandwich	Cheeseburger	<i>Spicy</i> Chicken Filet Sandwich
*Grab & Go Packs consist of a complete minimum component for reimbursable meals *May choose an additional fruit and vegetable with pack	Chicken Caesar Salad Pack	Buffalo Chicken Chef Salad Pack	Chicken Caesar Salad Pack	Buffalo Chicken Chef Salad Pack	Chicken Caesar Salad Pack
	Turkey Bacon Hoagie Pack	Chicken Caesar Wrap Pack	Italian Flat Bread Pack	Turkey & Cheese Sandwich Pack	Buffalo Chicken Wrap Pack
	Yogurt Pack Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Seasoned Green Beans	Fiesta Black Beans	Steamed Mixed Greens	Potato SideWinders	Steamed Broccoli
	Fresh Celery Sticks	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	Fresh Veggie Medley
Fruits	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
(May choose 2) *One fruit juice per meal	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Applesauce Cup	Chilled Fruit Cup	Frozen Fruit Juice Cup

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Week 1	15	16	17	18	19
Hot Entrees (Choose One)	Toasted Grilled Cheese & Soup	Soft Taco Supreme	Chicken & Dutch Waffle	Spaghetti w/ Meatsauce & Garlic Bread	Sweet & Sour Chicken w/ Rice and Egg Roll
	Dominos Cheese Pizza	Big Daddy Cheese Pizza	Meatlovers Pizza	Big Daddy Cheese Pizza	UNO's Specialty Pizza
	Dominos Pepperoni Pizza	Big Daddy Pepperoni Pizza	Nardones	Big Daddy Pepperoni Pizza	Chicken Bacon Ranch
	Spicy Chicken Filet Sandwich	Cheeseburger	Chicken Filet Sandwich	Hamburger	Spicy Chicken Filet Sandwich
*Grab & Go Packs consist of a complete minimum component for reimbursable meals *May choose an additional fruit and vegetable with pack	Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack
	Turkey Bacon Hoagie Pack	Chicken Caesar Wrap Pack	Italian Flat Bread Pack	Turkey & Cheese Sandwich Pack	Buffalo Chicken Wrap Pack
	Yogurt Pack Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Corn	Baked Beans	Potato SideWinders	Steamed Broccoli	Seasoned Green Beans
	Fresh Celery Sticks	Fresh Cucumbers	Fresh Broccoli	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 Fruit Cup	Chilled Fruit Cup	Cinnamon Baked Apples	Chilled Applesauce Cup	Frozen Fruit Juice Cup

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Hampton City Schools High School Lunch Menu 2018-2019

Week 2	22	23	24	25	26
Hot Entrees (Choose One)	Corn Dog Nuggets	Meaty Cheese Nachos	Meatball Hoagie Sandwich	Chicken Bites & Cornbread	Teriyaki Chicken w/ Rice & Egg Roll
	Dominos Cheese Pizza	Big Daddy Cheese Pizza	Meatlovers Pizza	Big Daddy Cheese Pizza	UNO's Specialty Pizza
	Dominos Pepperoni Pizza	Big Daddy Pepperoni Pizza	Nardones	Big Daddy Pepperoni Pizza	Buffalo Chicken
	Spicy Chicken Filet Sandwich	Hamburger	Chicken Filet Sandwich	Bacon Cheeseburger	Spicy Chicken Filet Sandwich
*Grab & Go Packs consist of a complete minimum component for reimbursable meals *May choose an additional fruit and vegetable with pack	Chicken Caesar Salad Pack	Turkey Chef Salad Pack	Chicken Caesar Salad Pack	Turkey Chef Salad Pack	Chicken Caesar Salad Pack
	Turkey Bacon Hoagie Pack	Chicken Caesar Wrap Pack	Italian Flat Bread Pack	Turkey & Cheese Sandwich Pack	Buffalo Chicken Wrap Pack
	Yogurt Pack Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Mashed Potatoes	Refried Beans	Seasoned Green Beans	Tater Tots	Sweet Potato Wedges
	Fresh Cucumber Sticks	Fresh Veggie Medley	Fresh Baby Carrots	Fresh Broccoli	Fresh Celery Sticks
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	Baked Apples and Sweet Potatoes	Chilled Applesauce Cup	Frozen Fruit Juice Cup

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Week 3	29	30	31
Hot Entrees (Choose One)	Pasta Bake & Garlic Bread	Meaty Cheese Nachos	Chicken Bites & Mac & Cheese
	Dominos Cheese Pizza	Big Daddy Cheese Pizza	Meatlovers Pizza
	Dominos Pepperoni Pizza	Big Daddy Pepperoni Pizza	Nardones
	Spicy Chicken Filet Sandwich	Hamburger	Chicken Filet Sandwich
*Grab & Go Packs consist of a complete minimum component for reimbursable meals *May choose an additional fruit and vegetable with pack	Chicken Caesar Salad Pack	Buffalo Chicken Chef Salad Pack	Chicken Caesar Salad Pack
	Turkey Bacon Hoagie Pack	Chicken Caesar Wrap Pack	Italian Flat Bread Pack
	Yogurt Pack Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit	Yogurt Parfait Pack Fruit and Yogurt Parfait w/ Granola, Fruit	Yogurt Pack Yogurt (8oz), Cocoa Cherry Bar, Gold Fish Graham, Fruit
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Seasoned Green Beans	Fiesta Black Beans	Steamed Mixed Greens
	Fresh Celery Sticks	Fresh Broccoli	Fresh Baby Carrots
Fruits	Fresh Fruit	Fresh Fruit	Fresh Fruit
(May choose 2) *One fruit juice per meal	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Applesauce Cup