

October 2018

Hampton City Schools

Moton Lunch Menu

Week 2	1	2	3	4	5
Entrees (Choose 1)	Chicken Tenders & Cornbread	Meaty Cheese Nachos	Breakfast 4 Lunch Waffles, Sausage Link & Scrambled Eggs	Dominos Cheese Pizza Dominos Pepperoni Pizza	Roasted Chicken and Roll
	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich
	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 4oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit
Veggies (May choose 2)	Garden Side Salad	Fresh Broccoli	Garden Side Salad	Fresh Baby Carrots	Garden Side Salad
	Sweet Potato Wedges	Refried Beans	Tater Tots	Baked Beans	Mashed Potatoes
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	Chilled Fruit Cup

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Moton Lunch Menu

Week 3	8	9	10	11	12
Entrees (Choose 1)	Hamburger	Beef and Cheese Chalupa	Macaroni & Cheese	Dominos Cheese Pizza Dominos Pepperoni Pizza	Grilled Cheese Sandwich
	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich
	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 4oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit
Veggies (May choose 2)	Garden Side Salad	Fresh Broccoli	Garden Side Salad	Fresh Baby Carrots	Garden Side Salad
	Steamed Broccoli	Fiesta Black Beans	Seasoned Green Beans	Sweet Potato Wedges	Potato Sidewinders
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	Chilled Applesauce Cup	Chilled Fruit Cup	Chilled Fruit Cup

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Moton Lunch Menu

Week 1	15	16	17	18	19
Entrees	Chicken Bites & Roll	Soft Taco	Spaghetti w/ Meatsauce	Dominos Cheese Pizza	Sweet & Sour Chicken w/ Rice
				Dominos Pepperoni Pizza	
(Choose 1)	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich
	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 4oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit
Veggies (May choose 2)	Garden Side Salad	Fresh Broccoli	Garden Side Salad	Fresh Baby Carrots	Garden Side Salad
	Mashed Potatoes	Fiesta Black Beans	Steamed Corn	Baked Beans	Steamed Mixed Greens
Fruits (May choose 2) <i>*One fruit juice per meal</i>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Fruit Cup	Chilled Fruit Cup	Cinnamon Baked Apples	Chilled Applesauce Cup	Chilled Fruit Cup

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Week 2	22	23	24	25	26
Entrees (Choose 1)	Chicken Tenders & Cornbread	Meaty Cheese Nachos	Breakfast 4 Lunch Waffles, Sausage Link & Scrambled Eggs	Dominos Cheese Pizza	Roasted Chicken and Roll
				Dominos Pepperoni Pizza	
	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich
	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 4oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit
Veggies (May choose 2)	Garden Side Salad	Fresh Broccoli	Garden Side Salad	Fresh Baby Carrots	Garden Side Salad
	Sweet Potato Wedges	Refried Beans	Tater Tots	Baked Beans	Mashed Potatoes
Fruits (May choose 2) <small>*One fruit juice per meal</small>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Baked Apples and Sweet Potatoes	Chilled Fruit Cup	Chilled Applesauce Cup	Chilled Fruit Cup	Chilled Fruit Cup

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Week 3	29	30	31		
Entrees (Choose 1)	Hamburger	Beef and Cheese Chalupa	Macaroni & Cheese		
	Jammer Sandwich	Jammer Sandwich	Jammer Sandwich		
	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 4oz, Goldfish Graham, Fruit	Yogurt Pack Yogurt 8oz, Goldfish Graham, Fruit		
Veggies (May choose 2)	Garden Side Salad	Fresh Broccoli	Garden Side Salad		
	Steamed Broccoli	Fiesta Black Beans	Seasoned Green Beans		
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit		
	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Applesauce Cup		