

**Secondary School Breakfast -
Grab Go to Class:
Lindsay MS, Tarrant MS, Syms MS,
Adult Learning Center ONLY**

**Hampton City Schools
Secondary School Breakfast - Grab and Go to Class
SY 2019-2020**

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrees Choose One	Morning Jump Starts Express Crunchmania	Apple Cinnamon Bread	Morning Jump Starts Express Poptart	Sausage Pancake on Stick	Morning Jump Starts Express Nutri-Grain Bar & Honey Graham
	Breakfast Donut Ring	Yogurt & Coco Cherry Bar	Breakfast Donut Ring	Yogurt & Coco Cherry Bar	Breakfast Donut Ring
Adult Learning Center Only	Cereal & Graham Crackers	Cereal & Graham Crackers	Cereal & Graham Crackers	Cereal & Graham Crackers	Cereal & Graham Crackers
Fruits (May choose 2) * One fruit juice per meal	Juice	Juice	Juice	Juice	Juice
	Fruit	Fruit	Fruit	Fruit	Fruit
	Milk	Milk	Milk	Milk	Milk
Milk (Choose 1)					