

Hampton City Schools
Elementary Lunch Menu
SY 2019-2020

SEPTEMBER						
S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER						
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NOVEMBER						
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DECEMBER						
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JANUARY						
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FEBRUARY						
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MARCH						
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APRIL						
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MAY						
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JUNE						
S	M	T	W	TH	F	S
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Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Entrees (Choose 1) Grab & Go Packs : *Consist of a complete minimum component for reimbursable meals * May choose one additional fruit and vegetable with pack	Toasted Grilled Cheese & Soup	Domino's Cheese Pizza	Spaghetti w/ Meatsauce & Garlic Bread	Taco Stick	Asian Day w/ Rice and Chicken Egg Roll
	Chicken Bites & Pretzels	Domino's Pepperoni Pizza			
	Chicken Caesar Salad	Turkey Stick Pack Turkey Stick, Cheese Stick, Cheddar Gold Fish Crackers, Fruit & Pretzels	Chicken Caesar Salad	Turkey Stick Pack Turkey Stick, Cheese Stick, Cheddar Gold Fish Crackers, Fruit & Pretzels	Garden Chef Salad
	Yogurt Pack Yogurt 8oz, Granola, Fruit	Yogurt Parfait Pack Yogurt and Fruit Parfait w/Granola	Yogurt Pack Yogurt 8oz, Granola, Fruit	Yogurt Parfait Pack Yogurt and Fruit Parfait w/ Granola	Yogurt Pack Yogurt 8oz, Granola, Fruit
	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese Stick, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese Stick, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese Stick, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese Stick, Fruit	Jammer Sandwich Pack Jammer Sandwich w/ Graham Crackers & Cheese Stick, Fruit
Veggies (May choose 2) Fruits (May choose 2) *One fruit juice per meal	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Corn	Seasoned Green Beans	Steamed Broccoli	Fiesta Beans	Steamed Mixed Greens
	Fresh Celery Sticks	Fresh Broccoli	Fresh Cucumber Slices	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
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Entrees (Choose 1) Grab & Go Packs *Consist of a complete minimum component for reimbursable meals * May choose one additional fruit and vegetable with pack	Alfredo Pasta Primavera w/Garlic Bread	Domino's Cheese Pizza	Breakfast of Lunch (French Toast Sticks, Sausage Links (2), Scramble Eggs)	Meaty Cheese Nachos	Hamburger and Cheeseburger
	Chicken Tenders & Cornbread	Domino's Pepperoni Pizza			
	Chicken Caesar Salad	Turkey Stick Pack Turkey Stick, Cheese Stick, Cheddar Gold Fish Crackers, Fruit & Pretzels	Chicken Caesar Salad	Turkey Stick Pack Turkey Stick, Cheese Stick, Cheddar Gold Fish Crackers, Fruit & Pretzels	Garden Chef Salad
	Yogurt Pack Yogurt 8oz, Granola, Fruit	Yogurt Parfait Pack Yogurt and Fruit Parfait w/Granola	Yogurt Pack Yogurt 8oz, Granola, Fruit	Yogurt Parfait Pack Yogurt and Fruit Parfait w/ Granola	Yogurt Pack Yogurt 8oz, Granola, Fruit
	Jammer Sandwich Pack Jammer Sandwich w/Cheddar Goldfish Crackers, Fruit	Jammer Sandwich Pack Jammer Sandwich w/Cheddar Goldfish Crackers, Fruit	Jammer Sandwich Pack Jammer Sandwich w/Cheddar Goldfish Crackers, Fruit	Jammer Sandwich Pack Jammer Sandwich w/Cheddar Goldfish Crackers, Fruit	Jammer Sandwich Pack Jammer Sandwich w/Cheddar Goldfish Crackers, Fruit
Veggies (May choose 2) Fruits (May choose 2) *One fruit juice per meal	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Sweet Potato Wedges	Steamed Mixed Greens	Tater Tots or Potato Wedges	Refried Beans	Steamed Corn
	Fresh Cucumber Slices	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
	Cinnamon Baked Apples	Chilled Fruit Cup	Chilled Applesauce Cup	Chilled Fruit Cup	Frozen Fruit Juice Cup
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
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 Chix Nuggets and Macaroni & Cheese	Domino's Cheese Pizza	Chicken Wings w/Cheddar Goldfish Crackers	Cheese Quesadilla w/Salsa & Sour Cream (Beef, Bean and Cheese Burrito)	Corn Dog Nuggets
	Hot dog on Bun	Domino's Pepperoni Pizza			
	Chicken Caesar Salad	Turkey Stick Pack Turkey Stick, Cheese Stick, Cheddar Gold Fish Crackers, Fruit & Pretzels	Chicken Caesar Salad	Turkey Stick Pack Turkey Stick, Cheese Stick, Cheddar Gold Fish Crackers, Fruit & Pretzels	Garden Chef Salad
	Yogurt Pack Yogurt 8oz, Granola, Fruit	Yogurt Parfait Pack Yogurt and Fruit Parfait w/Granola	Yogurt Pack Yogurt 8oz, Granola, Fruit	Yogurt Parfait Pack Yogurt and Fruit Parfait w/ Granola	Yogurt Pack Yogurt 8oz, Granola, Fruit
	Jammer Sandwich Pack Jammer Sandwich w/Cheddar Goldfish Crackers, Fruit	Jammer Sandwich Pack Jammer Sandwich w/Cheddar Goldfish Crackers, Fruit	Jammer Sandwich Pack Jammer Sandwich w/Cheddar Goldfish Crackers, Fruit	Jammer Sandwich Pack Jammer Sandwich w/Cheddar Goldfish Crackers, Fruit	Jammer Sandwich Pack Jammer Sandwich w/Cheddar Goldfish Crackers, Fruit
Veggies (May choose 2) Fruits (May choose 2) *One fruit juice per meal	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Baked Beans	Sweet Potato Wedges	Potato Sidewinders	Fiesta Beans	Seasoned Green Beans
	Fresh Celery Sticks	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber Slices	Fresh Veggie 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	Chilled Applesauce Cup	Chilled Fruit Cup	Frozen Fruit Juice Cup