

Hampton City Schools
Middle School Lunch Menu
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						
S	M	T	W	TH	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER						
S	M	T	W	TH	F	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY						
S	M	T	W	TH	F	S
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19	20	21	22	23	24	25
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FEBRUARY						
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23	24	25	26	27	28	29

MARCH						
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APRIL						
S	M	T	W	TH	F	S
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MAY						
S	M	T	W	TH	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

JUNE						
S	M	T	W	TH	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Entrees (Choose One)	Toasted Grilled Cheese & Soup	Spaghetti w/ Meatsauce & Garlic Bread Dominos Cheese Pizza	Chicken Tenders & Dutch Waffle	Taco Stick	Asian Day w/ Rice & Chcken Egg Roll Big Daddy Cheese Pizza
	Chicken Filet Sandwich	Dominos Pepperoni Pizza	Hamburger and Cheeseburger	Spicy Chicken Filet Sandwich	Big Daddy Pepperoni Pizza
*Grab & Go Packs <i>*Consist of complete minimum component for reimbursable meals</i> <i>*May choose one additional fruit and vegetable with pack</i>	Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack
	Yogurt Pack	Yogurt Parfait Pack	Yogurt Pack	Yogurt Parfait Pack	Yogurt Pack
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Potato SideWinders	Steamed Broccoli	Steamed Corn	Fiesta Beans	Seasoned Green Beans
Fruits (May choose 2) <i>*One fruit juice per meal</i>	Fresh Celery Sticks	Fresh Cucumbers	Fresh Broccoli	Fresh Veggie Medley	Fresh Baby Carrots
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Entrees (Choose One)	Corn Dog Nuggets	Chicken Bites & Cornbread Dominos Cheese Pizza	Breakfast of Lunch (French Toast Sticks, Sausage Link, Scramble Eggs)	Meaty Cheese Nachos	Meatlovers Pizza
	Chicken Filet Sandwich	Dominos Pepperoni Pizza	Hamburger and Cheeseburger	Spicy Chicken Filet Sandwich	
*Grab & Go Packs <i>*Consist of complete minimum component for reimbursable meals</i> <i>*May choose one additional fruit and vegetable with pack</i>	Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack
	Yogurt Pack	Yogurt Parfait Pack	Yogurt Pack	Yogurt Parfait Pack	Yogurt Pack
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Corn	Tater Tots (Potatoes Wedges)	Seasoned Green Beans	Refried Beans	Sweet Potato Wedges
Fruits (May choose 2) <i>*One fruit juice per meal</i>	Fresh Celery Sticks	Fresh Vegetable Medley	Fresh Baby Carrots	Fresh Broccoli	Fresh Celery Sticks
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Entrees (Choose One)	Chicken & Broccoli Alfredo w/Garlic Bread	Dominos Cheese Pizza	Chicken Wings & Cheddar Gold Fish Crackers	Cheese Quesadilla w/Salsa & Sour Cream (Beef, Bean, Cheese Burrito)	Wild Mike's 4-Cheese Pizza
	Chicken Filet Sandwich	Dominos Pepperoni Pizza Hot Dog	Hamburger and Cheeseburger	Spicy Chicken Filet Sandwich	Wild Mike's Pepperoni Pizza Fish Sandwich
*Grab & Go Packs <i>*Consist of complete minimum component for reimbursable meals</i> <i>*May choose one additional fruit and vegetable with pack</i>	Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack	Garden Chef Salad Pack	Chicken Caesar Salad Pack
	Yogurt Pack	Yogurt Parfait Pack	Yogurt Pack	Yogurt Parfait Pack	Yogurt Pack
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Seasoned Green Beans	Potato SideWinders	Steamed Mixed Greens	Fiesta Beans	Steamed Broccoli
Fruits (May choose 2) <i>*One fruit juice per meal</i>	Fresh Celery Sticks	Fresh Broccoli	Fresh Veggie Medley	Fresh Cucumber	Fresh Baby Carrots
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday