**Middle Schools & Spratley**  
**Hampton City Schools**  
**Middle School Lunch Menu**  
**2019-2020**

### Week 1

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Entrees (Choose One)</strong></td>
<td>Toasted Grilled Cheese &amp; Soup</td>
<td>Spaghetti w/ Meat Sauce &amp; Garlic Bread</td>
<td>Chicken Tenders &amp; Dutch Waffle</td>
<td>Taco Stick</td>
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<tr>
<td></td>
<td>Dominos Cheese Pizza</td>
<td>Dominos Cheese Pizza</td>
<td>Big Daddy Cheese Pizza</td>
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<tr>
<td></td>
<td>Chicken Filet Sandwich</td>
<td>Dominos Pepperoni Pizza</td>
<td>Hamburger and Cheeseburger</td>
<td>Spicy Chicken Filet Sandwich</td>
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*Grab & Go Packs*  
*Consist of complete minimum component for reimbursable meals*  
*May choose one additional fruit and vegetable with pack*

<table>
<thead>
<tr>
<th>Yoga Pack</th>
<th>Yoga Parfait Pack</th>
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<tbody>
<tr>
<td><strong>Entrees (Choose One)</strong></td>
<td>Chicken Bites &amp; Combread</td>
<td>Breakfast of Lunch (French Toast Sticks, Sausage Link, Scramble Eggs)</td>
<td>Meaty Cheese Nachos</td>
<td>Meatlovers Pizza</td>
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<td>Dominos Cheese Pizza</td>
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<tr>
<td><strong>Entrees (Choose One)</strong></td>
<td>Chicken &amp; Broccoli Alfredo w/Garlic Bread</td>
<td>Domino's Cheese Pizza</td>
<td>Chicken Wings &amp; Cheddar Gold Fish Crackers</td>
<td>Wild Mike's 4-Cheese Pizza</td>
</tr>
<tr>
<td></td>
<td>Dominos Cheese Pizza</td>
<td>Chicken &amp; Broccoli Alfredo w/Garlic Bread</td>
<td>Cheese Quesadilla w/Salsa &amp; Sour Cream (Beef, Bean, Cheese Burrito)</td>
<td>Wild Mike's Pepperoni Pizza</td>
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<tr>
<td></td>
<td>Chicken Filet Sandwich</td>
<td>Hamburger and Cheeseburger</td>
<td>Spicy Chicken Filet Sandwich</td>
<td>Fish Sandwich</td>
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<tbody>
<tr>
<td><strong>Entrees (Choose One)</strong></td>
<td>Seasoned Green Beans</td>
<td>Potato SideWinders</td>
<td>Steamed Mixed Greens</td>
<td>Steamed Mixed Greens</td>
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<tr>
<td></td>
<td>Garden Side Salad</td>
<td>Garden Side Salad</td>
<td>Fiesta Beans</td>
<td>Steamed Broccoli</td>
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