

Hampton City Schools
Lunch Menu - Elementary Schools



Applies to:
Bryan, Cary, Phillips, Moton, Tyler, Machen, Burbank, Cooper
Aberdeens, Kraft, Forrest, Tucker-Capps, Bassette, Armstrong

LUNCH PRICES
Elementary \$1.95
Secondary \$2.15
Reduced \$0.40
Adult/Non-student - A la Carte

A variety of milk is offered daily.

					1	2
Entrees (Choose 1)					Domino's Pizza	Breakfast 4 Lunch Sausage Link & Scrambled Eggs Pancake,
					Chicken Filet Sandwich OR Spicy Regular	
					Turkey Club Sandwich	Turkey Chef Salad
					Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain
					Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)					Garden Side Salad	Garden Side Salad
					Tater Tots	Sweet Potato Waffle Fries
					Fresh Broccoli	Fresh Cauliflower
Fruits (May choose 2) *One fruit juice per meal					Fresh Fruit	Fresh Fruit
					100 % Fruit Juice	Frozen Fruit Juice Cup
		5	6	7	8	9
Entrees (Choose 1)	Pasta Bake	Teriyaki Chicken w Rice and Eggroll	Meaty Cheese Nachos	Domino's Pizza	Chicken Wings w/ Rolls	
	Rib B Que Sandwich			Toasted Grilled Cheese Sandwich	Turkey Club Sandwich	
	Italian Chef Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Tuna Chef Salad	
	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Fruit & Yogurt Parfait	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain	
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	
	Steamed Broccoli	Spicy Corn	Fiesta Black Beans	Peas & Mushrooms	Potato Side Winders	
	Fresh Celery Sticks	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	Fresh Veggie Medley	
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	Cinnamon Baked Applesauce	Frozen Fruit Juice Cup	
		12	13	14	15	16
Entrees (Choose 1)	Vegetable Bake & Toasted Garlic Cheese Bread	Sweet & Sour Chicken w/Rice and Eggroll	Swedish Meatballs with Rice and a Roll	Domino's Pizza	General Tso's with Rice and Eggroll	
	Chicken Bites & Rolls			Hamburger/Cheeseburger		
	Chopped Salad Chicken & Bacon Chopped Salad	Fish Sandwich	Grilled Chicken Chef Salad	Chicken Caesar Salad	Turkey Chef Salad	
	Yogurt w/ Grain	Chicken Caesar Salad	Yogurt Parfait	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain	
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	
	Steamed Corn	Seasoned Green Beans	Baked Beans	Steamed Broccoli	Roasted Potato Medley	

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	<i>Fresh Celery Sticks</i>	<i>Fresh Veggie Medley</i>	<i>Fresh Cauliflower</i>	<i>Fresh Baby Carrots</i>	<i>Fresh Vegetable Medley</i>
Fruits (May choose 2) <i>*One fruit juice per meal</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>
	<i>Chilled Peach Cup</i>	<i>Chilled Peach Cup</i>	<i>Cinnamon Baked Apples</i>	<i>Chilled Applesauce Cup</i>	<i>Frozen Fruit Juice Cup</i>
	19	20	21	22	23
Entrees (Choose 1)	Toasted Garlic Cheese Bread w/ Marinara Sauce	Sweet & Sour Chicken w/Rice and Eggroll	Meaty Cheese Nachos	Domino's Pizza	Breakfast 4 Lunch Pancake, Sausage Link & Scrambled Eggs
	Chicken Tenders & Cornbread			Chicken Filet Sandwich OR Spicy Regular	
	Chopped Salad Bacon Chopped Salad Chicken &	Fish Sandwich	Grilled Chicken Chef Salad	Turkey Club Sandwich	Turkey Chef Salad
	Yogurt w/ Grain	Chicken Caesar Salad	Fruit and Yogurt Parfait	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>
	<i>Oven Roasted Cabbage</i>	<i>Seasoned Green Beans</i>	<i>Refried Beans</i>	<i>Tater Tots</i>	<i>Sweet Potato Waffle Fries</i>
	<i>Fresh Cucumber Sticks</i>	<i>Fresh Veggie Medley</i>	<i>Fresh Baby Carrots</i>	<i>Fresh Broccoli</i>	<i>Fresh Cauliflower</i>
Fruits (May choose 2) <i>*One fruit juice per meal</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>
	<i>Cinnamon Baked Apples</i>	<i>Chilled Peach Cup</i>	<i>Chilled Applesauce Cup</i>	<i>100 % Fruit Juice</i>	<i>Frozen Fruit Juice Cup</i>
	26	27	28	29	30
Entrees (Choose 1)	Pasta Bake	Teriyaki Chicken w Rice and Eggroll	Meaty Cheese Nachos	Domino's Pizza	Chicken Wings w/ Rolls
	Rib B Que Sandwich			Toasted Grilled Cheese Sandwich	Turkey Club Sandwich
	Italian Chef Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Chicken Caesar Salad	Tuna Chef Salad
	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Fruit & Yogurt Parfait	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Yogurt w/ Grain
	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese
Veggies (May choose 2)	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>
	<i>Steamed Broccoli</i>	<i>Spicy Corn</i>	<i>Fiesta Black Beans</i>	<i>Peas & Mushrooms</i>	<i>Potato Side Winders</i>
	<i>Fresh Celery Sticks</i>	<i>Fresh Broccoli</i>	<i>Fresh Baby Carrots</i>	<i>Fresh Cucumber</i>	<i>Fresh Veggie Medley</i>
Fruits (May choose 2) <i>*One fruit juice per meal</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>
	<i>Chilled Peach Cup</i>	<i>Chilled Pear Cup</i>	<i>Chilled Applesauce Cup</i>	<i>Cinnamon Baked Applesauce</i>	<i>Frozen Fruit Juice Cup</i>

[This district is an equal opportunity provider.](#)

As always, the choice of menu items belongs to the student. For optimum nutrition, students are encouraged to take all five components; however, if the student chooses three or four components, one of the components must be a fruit or vegetable serving.

Menu Subject to Change