

Hampton City Schools
Lunch Menu - Elementary Schools



Applies to:
Andrews, Asbury, Barron, Booker, Langley, Phenix & Smith
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) | | | | | Breakfast 4 Lunch Pancake, Sausage Link & Scrambled Eggs | Sweet & Sour Chicken with Rice & an Egg Roll |
| | | | | | Turkey Club Sandwich | Fish Sandwich |
| | | | | | Lunch Pack (Yogurt 4oz, Cheese | Yogurt w/ Grain |
| | | | | | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & |
| Veggies (May choose 2) | | | | | <i>Garden Side Salad</i> | <i>Garden Side Salad</i> |
| | | | | | <i>Tater Tots</i> | <i>Sweet Potato Waffle Fries</i> |
| | | | | | <i>Fresh Broccoli</i> | <i>Fresh Cauliflower</i> |
| Fruits (May choose 2) *One fruit juice per meal | | | | | <i>Fresh Fruit</i> | <i>Fresh Fruit</i> |
| | | | | | <i>100 % Fruit Juice</i> | <i>Frozen Fruit Juice Cup</i> |
| | | 5 | 6 | 7 | 8 | 9 |
| Entrees (Choose 1) | Pasta Bake | Domino's Pizza | Meaty Cheese Nachos | Chicken Wings w/ Rolls | Teriyaki Chicken w Rice and Eggroll | |
| | Rib B Que Sandwich | | | Turkey Club Sandwich | Toasted Grilled Cheese 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 | Fruit & Yogurt Parfait | Lunch Pack (Yogurt 4oz, Cheese | Yogurt w/ Grain | |
| | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & | |
| 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) *One fruit juice per meal | <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> | |

| | 12 | 13 | 14 | 15 | 16 |
|--|--|---|--|--|--|
| Entrees (Choose 1) | Vegetable Bake & Toasted Garlic Cheese | Domino's Pizza | Swedish Meatballs with Rice and a Roll | Spaghetti w/ Meatsauce & Garlic Bread | General Tso's with Rice and Eggroll |
| | Chicken Bites & Rolls | Hamburger/Cheeseburger | | | |
| | Chopped Salad Chicken & Bacon | Chicken Caesar Salad | Grilled Chicken Chef Salad | Turkey Club Sandwich | Turkey Chef Salad |
| | Yogurt w/ Grain | Lunch Pack (Yogurt 4oz, Cheese) | Yogurt Parfait | Lunch Pack (Yogurt 4oz, Cheese) | Yogurt w/ Grain |
| | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & |
| Veggies (May choose 2) | Garden Side Salad | Garden Side Salad | Garden Side Salad | Garden Side Salad | Garden Side Salad |
| | Steamed Corn | Sauteed Mixed Greens | Baked Beans | Steamed Broccoli | Roasted Potato Medley |
| | Fresh Celery Sticks | Fresh Cucumbers | Fresh Cauliflower | 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 Peach Cup | Chilled Pear Cup | Cinnamon Baked Apples | Chilled Applesauce Cup | Frozen Fruit Juice Cup |
| | 19 | 20 | 21 | 22 | 23 |
| Entrees (Choose 1) | Spaghetti with Marinara Sauce & | Domino's Pizza | Meaty Cheese Nachos | Breakfast 4 Lunch Pancake, Sausage Link & Scrambled Eggs | Sweet & Sour Chicken with Rice & an Egg Roll |
| | Chicken Tenders & Cornbread | Chicken Filet Sandwich Regular OR Spicy | | | |
| | Italian Chef Salad | 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) | Yogurt w/ Grain |
| | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & |
| Veggies (May choose 2) | Garden Side Salad | Garden Side Salad | Garden Side Salad | Garden Side Salad | Garden Side Salad |
| | Oven Roasted Cabbage | Seasoned Green Beans | Refried Beans | Tater Tots | Sweet Potato Waffle Fries |
| | Fresh Cucumber Sticks | Fresh Veggie Medley | Fresh Baby Carrots | Fresh Broccoli | Fresh Cauliflower |
| Fruits (May choose 2) *One fruit juice per meal | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| | Cinnamon Baked Apples | Chilled Peach Cup | Chilled Applesauce Cup | 100 % Fruit Juice | Frozen Fruit Juice Cup |
| | 26 | 27 | 28 | 29 | 30 |
| Entrees (Choose 1) | Pasta Bake | Domino's Pizza | Meaty Cheese Nachos | Chicken Wings w/ Rolls | Teriyaki Chicken w Rice and Eggroll |
| | Rib B Que Sandwich | | | Turkey Club Sandwich | Toasted Grilled Cheese 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) | Fruit & Yogurt Parfait | Lunch Pack (Yogurt 4oz, Cheese) | Yogurt w/ Grain |
| | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & | Jammer Sandwich w/ Graham Crackers & |
| 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 |

| | | | | | |
|--|----------------------------|-------------------------|-------------------------------|----------------------------------|-------------------------------|
| | <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) *One fruit juice per meal | <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.**