

Hampton City Schools
Lunch Menu - Phoebus High & Hampton High Schools



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)				Deli Bar (Phoebus Only - HHS will serve Manager's Choice)	Swedish Meatballs w/ Rice & Rolls	
				Choose 1 Grain: Variety	Pizza Cheese - Big Daddy Pepperoni OR	
				Choose 1 M/MA: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese)	Toasted Grilled Cheese Sandwich & Soup	
				Meatball Sub	Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)	
				Chicken Caesar Salad		
				Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)		
				Garden Side Salad	Garden Side Salad	
				Tater Tots	Sweet Potato Waffle Fries	
			Fresh Broccoli	Fresh Cauliflower		
			Fresh Fruit	Fresh Fruit		
			Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup		
Veggies (May choose 2)						
Fruits (May choose 2)						
		5	6	7	8	9
Entrees (Choose 1)	Vegetarian Pasta Bake		Chicken with Macaroni & Cheese	Asian Bar	Deli Bar (Phoebus Only - HHS will serve Manager's Choice)	Chicken Wings & Roll
	Pizza Domino's		Pizza Pepperoni or Cheese - Big Daddy	Steamed Rice & Egg Roll	Choose 1 Grain: Variety	Pizza Cheese - Big Daddy Pepperoni or
	Turkey Club Hoagie		Hamburger OR Cheeseburger	Choose 1: Orange Chicken OR Beef & Broccoli	Choose 1 M/MA: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese)	
	Lunch Pack: (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)		Turkey Supreme Flat Wrap	Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Rib B Que Sandwich	Fish Taco
			Chicken Caesar Salad		Chicken Caesar Salad	Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)
		Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)		Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)		
Veggies (May choose 2)	Garden Side Salad		Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Spicy Corn		Sautéed Mixed Greens	Stir Fry Cabbage	Baked Beans	Potato Sidewinders
	Fresh Celery Sticks		Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	Fresh Veggie Medley
Fruits (May choose 2)	Fresh Fruit		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Peach Cup		Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup
		12	13	14	15	16
Entrees (Choose 1)	Vegetable Bake & Toasted Garlic Cheese Bread		Roasted Chicken Drumstick & Rolls	Pasta Bar	Deli Sandwiches (Variety)	Seafood Platter Fish, Shrimp & Corn Bread
	Pizza Domino's		Pizza, Pepperoni OR Cheese - Big Daddy	Choose 1: Spaghetti Noodles OR Penne Noodles	Pizza, Pepperoni OR Cheese - Big Daddy	Southern Chicken Platter & Corn Bread Chicken Bites
	Chicken Filet Sandwich		Cheeseburger or Hamburger	Choose 1: Meat Sauce OR Alfredo Garlic Bread	Southern Chicken Platter Chicken Bites & Corn Bread	
	Lunch Pack: (1/2 Turkey Club Wrap & 1/2 Chopped Salad, Fruit)		Turkey Supreme Flat Wraps	Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Hot Dog w/ Chili & Cheese	Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)
			Chicken Caesar Salad		Chicken Caesar Salad	
		Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)		Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)		
Veggies (May choose 2)	Garden Side Salad		Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Corn		Au Gratin Potatoes	Steamed Broccoli	Baked Beans	Oven Roasted Cabbage
	Fresh Celery Sticks		Fresh Cucumbers	Fresh Cauliflower	Fresh Baby Carrots	Fresh Vegetable Medley
Fruits (May choose 2)	Fresh Fruit		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Peach Cup		Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup

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	19	20	21	22	23
Entrees (Choose 1)	Corn Dog Nuggets	Chicken & Dutch Waffle	<u>Fiesta Bar</u> Choose 1: Soft or Hard Shell, or Nachos	Deli Bar (Phoebus Only - HHS will serve Manager's Choice) Choose 1 Grain: Variety	Swedish Meatballs w/ Rice & Rolls
	Pizza Domino's	Pizza Pepperoni OR Cheese - Big Daddy	Choose 1 Protein: Beef Taco, Chicken OR Fiesta Black Beans (Condiments: Shredded Cheese, Lettuce, Sour Cream, Salsa)	Choose 1 M/MA: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese)	Pizza Pepperoni OR Cheese - Big Daddy
	Turkey Club Hoagie	Hamburger OR Cheeseburger	Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Meatball Sub Chicken Caesar Salad Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Toasted Grilled Cheese Sandwich & Soup
	Lunch Pack: (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Turkey Club Flat Wrap			Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)
Chicken Caesar Salad					
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Steamed Broccoli	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)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup
	26	27	28	29	30
Entrees (Choose 1)	Vegetarian Pasta Bake	Chicken with Macaroni & Cheese	<u>Asian Bar</u> Steamed Rice & Egg Roll Choose 1: Orange Chicken OR Beef & Broccoli	Deli Bar (Phoebus Only - HHS will serve Manager's Choice) Choose 1 Grain: Variety Choose 1 M/MA: Turkey/Italian/Roast Beef OR Chicken Salad (Condiments: Tomatoes, Lettuce, Spinach, Onions, Black Olives, Jalapenos, Cheese)	Chicken Wings & Roll
	Pizza Domino's	Pizza Pepperoni or Cheese - Big Daddy	Lunch Pack: (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Rib B Que Sandwich Chicken Caesar Salad Lunch Pack: (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Pizza Pepperoni or Cheese - Big Daddy
	Turkey Club Hoagie	Hamburger OR Cheeseburger			Lunch Pack: (1/2 Roast Beef Wrap, 1/2 Garden Chef Salad, Fruit)
	Turkey Supreme Flat Wrap	Fish Taco			
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Spicy Corn	Sauteed Mixed Greens	Stir Fry Cabbage	Baked Beans	Potato Sidewinders
	Fresh Celery Sticks	Fresh Broccoli	Fresh Baby Carrots	Fresh Cucumber	Fresh Veggie Medley
Fruits (May choose 2)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Peach Cup	Chilled Pear Cup	Chilled Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup

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.