

Hampton City Schools
Lunch Menu - Secondary Schools



LUNCH PRICES:
Secondary 1.15
Secondary 1.25
Secondary 1.45
Adult/Non-member - A la Carte

A variety of milk is offered daily.

					1	2						
Entrees (Choose 1)					Hamburger OR Cheeseburger	Meatball Hoagie						
					Chicken Bites & Cornbread	Pizza Big Daddy (Pepperoni OR Cheese)						
					Italian Flat Wrap	Toasted Grilled Cheese Sandwich & Soup						
					Chicken Caesar Salad	Lunch Packs Italian Wrap, 1/2 Garden Chef Salad, Fruit						
Veggies (May choose 2)					Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)							
					Garden Side Salad	Garden Side Salad						
					Tater Tots	Sweet Potato Waffle Fries						
Fruits (May choose 2)					Fresh Broccoli	Fresh Cauliflower						
					Fresh Fruit	Fresh Fruit						
					Cinnamon Baked Apples	Frozen Fruit Juice Cup						
		3	4	5	6	7						
Entrees (Choose 1)		Pasta Bake & Garlic Bread	Chicken Bites with Mac&Cheese	Meaty Cheese Nachos	Toriyaki Chicken w/ Rice & Egg Roll	Chicken Wings & Roll						
		Pizza HS ONLY - Dominos	Pizza MS ONLY - Dominos	Pizza Nardones	Meatlovers -	Rib & Que Sandwich	Pizza Big Daddy (Pepperoni OR Cheese)					
			Hamburger OR Cheeseburger			Hamburger OR Cheeseburger						
		Turkey Club Hoagie	Turkey Supreme Flat Wrap	Chicken Filet Sandwich Original OR Spicy	Italian Flat Wrap	Fish Sandwich						
Veggies (May choose 2)												
							Lunch Packs (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Chicken Caesar Salad	Fruit & Yogurt Parfait with Granola	Chicken Caesar Salad	Lunch Packs Italian Wrap, 1/2 Garden Chef Salad, Fruit	
							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)		
Fruits (May choose 2)												
							Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	
							Spicy Corn	Sautéed Mixed Greens	Fiesta Black Beans	Steamed Broccoli	Potato Side/Windens	
Fruits (May choose 2)												
							Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
					Chilled Peach Cup	Cinnamon Baked Apples						
					Chilled Appleauce Cup	Chilled Mixed Fruit Cup						
					Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup						
		8	9	10	11	12						
Entrees (Choose 1)		Vegetarian Bake & Toasted Garlic Cheese Bread	Pizza MS ONLY - Dominos	Chicken & Dutch Waffle (Regular or Spicy Chicken)	Spaghetti w/ Meat sauce & Garlic Bread	General Tso w/ Rice & Egg Roll						
		Pizza HS ONLY - Dominos	Hamburger OR Cheeseburger		Hot Dog w/ Chili & Cheese							
			Turkey Supreme Flat Wraps	Pizza Nardones	Meatlovers -	Hamburger OR Cheeseburger	Pizza Big Daddy (Pepperoni OR Cheese)					
		Chicken Filet Sandwich <small>Regular OR Spicy</small>	Chicken Caesar Salad	Fruit & Yogurt Parfait with Granola	Italian Flat Wraps with Provolone Cheese	Fish Sandwich						
Veggies (May choose 2)												
							Lunch Packs (1/2 Turkey Club Wrap & 1/2 Chopped Salad, Fruit)	Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Lunch Packs Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit	Lunch Packs (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Lunch Packs (1/2 Italian Wrap, 1/2 Garden Chef Salad, Fruit)
							Garden Side Salad	Garden Side Salad	Garden Side Salad	Baked Beans	Garden Side Salad	
Fruits (May choose 2) <i>*One fruit juice permit</i>												
							Steamed Corn	Au Gratin Potatoes	Baked Beans	Fresh Baby Carrots	Oven Roasted Cabbage	
					Fresh Celery Sticks	Fresh Vegetable Medley						
					Fresh Fruit	Fresh Fruit						
					Chilled Peach Cup	Chilled Pear Cup						
					Chilled Pear Cup	Cinnamon Baked Apples						
					Chilled Appleauce Cup	Frozen Fruit Juice Cup						

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Secondary 1.15
Secondary 1.25
Middle 1.45
Adult/Non-member - A la Carte

A variety of milk is offered daily.

	18	19	20	21	22
Entrees (Choose 1)	Corn Dog Nuggets	Sweet & Sour Chicken with Rice & Egg Roll	Pizza Meatlovers - Big Duddy	Hamburger OR Cheeseburger	Meatball Hoagie
	Pizza HS ONLY - Dominos	Pizza MS ONLY - Dominos	Meaty Cheese Nachos	Chicken Bites & Cornbread	Pizza Big Duddy (Pepperoni OR Cheese)
		Hamburger OR Cheeseburger			
	Turkey Club Hoagie	Turkey Club Flat Wrap	Chicken Fillet Sandwich	Italian Flat Wrap	Toasted Grilled Cheese Sandwich & Soup
	Lunch Packs (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Chicken Caesar Salad	Fruit & Yogurt Parfait with Granola	Chicken Caesar Salad	Lunch Packs Italian Wrap, 1/2 Garden Chef Salad, Fruit
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
	Spicy Corn	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 Appleauce Cup	Cinnamon Baked Apples	Frozen Fruit Juice Cup
5					
Entrees (Choose 1)	Pasta Bake & Garlic Bread	Chicken Bites with Mac&Cheese	Meaty Cheese Nachos	Teriyaki Chicken w/ Rice & Egg Roll	Chicken Wings & Roll
	Pizza HS ONLY - Dominos	Pizza MS ONLY - Dominos	Pizza Nardones Meatlovers -	Rib 8 Que Sandwich	Pizza Big Duddy (Pepperoni OR Cheese)
		Hamburger OR Cheeseburger		Hamburger OR Cheeseburger	
	Turkey Club Hoagie	Turkey Supreme Flat Wrap	Chicken Fillet Sandwich Original OR Spicy	Italian Flat Wrap	Fish Sandwich
	Lunch Packs (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Chicken Caesar Salad	Fruit & Yogurt Parfait with Granola	Chicken Caesar Salad	Lunch Packs Italian Wrap, 1/2 Garden Chef Salad, Fruit
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
	Spicy Corn	Sauteed Mixed Greens	Fiesta Black Beans	Steamed Broccoli	Potato SideWinders
	Fresh Cucumber 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	Cinnamon Baked Apples	Chilled Appleauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup

The 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