

**Hampton City Schools
Breakfast Menu - Elementary Schools**



BREAKFAST PRICES

Elementary/Secondary - \$.90

Reduced - Free

Adult/Non-student - A la Carte

A variety of milk is offered daily.

| Week 1 | | 1 | 2 | 3 | 4 | |
|--|---|--|--------------------------------------|---------------------------------------|---------------------------|----|
| Entrees (Choose 1) | | Turkey Ham & Cheese on WG Hawaiian Bread | Beef Sausage & Cheese on Mini Bagel | Strawberry Crisp Bar | Sausage Pancake on Stick | |
| | | Breakfast Smoothie w/ Graham Crackers | Yogurt w/ Graham Crackers | Breakfast Smoothie w/ Graham Crackers | Yogurt w/ Graham Crackers | |
| Fruits (May Choose 2) *One fruit juice per meal | | Fruit | Fruit | Fruit | Fruit | |
| | | Juice | Juice | Juice | Juice | |
| Milk (Choose 1) | | Milk | Milk | Milk | Milk | |
| Week 2 | | 7 | 8 | 9 | 10 | 11 |
| Entrees (Choose 1) | Pop-tart & Mozzarella String Cheese Stick | WG Apple Cinnamon French Toast | Turky Ham, Egg & Cheese Croissantwch | Bagel-ful | WG Fortified Donut | |
| | Yogurt w/ Graham Crackers | Breakfast Smoothie w/ Graham Crackers | Yogurt w/ Graham Crackers | Breakfast Smoothie w/ Graham Crackers | Yogurt w/ Graham Crackers | |
| Fruits (May Choose 2) *One fruit juice per meal | Fruit | Fruit | Fruit | Fruit | Fruit | |
| | Juice | Juice | Juice | Juice | Juice | |
| Milk (Choose 1) | Milk | Milk | Milk | Milk | Milk | |
| Week 1 | | 14 | 15 | 16 | 17 | 18 |
| Entrees (Choose 1) | Breakfast Pizza | Turkey Ham & Cheese on WG Hawaiian Bread | Beef Sausage & Cheese on Mini Bagel | Strawberry Crisp Bar | Sausage Pancake on Stick | |
| | Yogurt w/ Graham Crackers | Breakfast Smoothie w/ Graham Crackers | Yogurt w/ Graham Crackers | Breakfast Smoothie w/ Graham Crackers | Yogurt w/ Graham Crackers | |
| Fruits (May Choose 2) *One fruit juice per meal | Fruit | Fruit | Fruit | Fruit | Fruit | |
| | Juice | Juice | Juice | Juice | Juice | |
| Milk (Choose 1) | Milk | Milk | Milk | Milk | Milk | |
| Week 2 | | 21 | 22 | 23 | 24 | 25 |
| Entrees (Choose 1) | Pop-tart & Mozzarella String Cheese Stick | WG Apple Cinnamon French Toast | Turky Ham, Egg & Cheese Croissantwch | Bagel-ful | WG Fortified Donut | |
| | Yogurt w/ Graham Crackers | Breakfast Smoothie w/ Graham Crackers | Yogurt w/ Graham Crackers | Breakfast Smoothie w/ Graham Crackers | Yogurt w/ Graham Crackers | |
| Fruits (May Choose 2) *One fruit juice per meal | Fruit | Fruit | Fruit | Fruit | Fruit | |
| | Juice | Juice | Juice | Juice | Juice | |
| Milk (Choose 1) | Milk | Milk | Milk | Milk | Milk | |
| Week 1 | | 28 | 29 | 30 | 31 | |
| Entrees (Choose 1) |  | Turkey Ham & Cheese on WG Hawaiian Bread | Beef Sausage & Cheese on Mini Bagel | Strawberry Crisp Bar | | |
| | | Breakfast Smoothie w/ Graham Crackers | Yogurt w/ Graham Crackers | Breakfast Smoothie w/ Graham Crackers | | |
| Fruits (May Choose 2) *One fruit juice per meal | | Fruit | Fruit | Fruit | | |
| | | Juice | Juice | Juice | | |
| Milk (Choose 1) | | Milk | Milk | Milk | | |

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