

**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

A variety of milk is offered daily.

		1	2	3	4
Entrees (Choose 1)		Domino's Pizza	Meaty Cheese Nachos	Breakfast 4 Lunch Pancake, Sausage Link & Scrambled Eggs	Sweet & Sour Chicken with Rice & an Egg Roll
		Chicken Filet Sandwich Regular OR Spicy			Fish Sandwich
		Fish Sandwich	Grilled Chicken Chef Salad	Turkey Club Sandwich	Turkey Chef Salad
		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
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>Seasoned Green Beans</i>	<i>Refried Beans</i>	<i>Tater Tots</i>	<i>Sweet Potato Waffle Fries</i>
		<i>Fresh Veggie Medley</i>	<i>Fresh Baby Carrots</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>Fresh Fruit</i>	<i>Fresh Fruit</i>
		<i>Chilled Peach Cup</i>	<i>Chilled Applesauce Cup</i>	<i>100 % Fruit Juice</i>	<i>Frozen Fruit Juice Cup</i>
	7	8	9	10	11
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 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) *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>

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	14	15	16	17	18
Entrees (Choose 1)	Vegetable Bake & Toasted Garlic Cheese Bread	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 Chopped Salad	Chicken Caesar Salad	Grilled Chicken Chef Salad	Turkey Club Sandwich	Turkey Chef Salad
	Yogurt w/ Grain	Lunch Pack (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, 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 Corn</i>	<i>Sauteed Mixed Greens</i>	<i>Baked Beans</i>	<i>Steamed Broccoli</i>	<i>Roasted Potato Medley</i>
	<i>Fresh Celery Sticks</i>	<i>Fresh Cucumbers</i>	<i>Fresh Cauliflower</i>	<i>Fresh Baby Carrots</i>	<i>Fresh Vegetable 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>Cinnamon Baked Apples</i>	<i>Chilled Applesauce Cup</i>	<i>Frozen Fruit Juice Cup</i>
	21	22	23	24	25
Entrees (Choose 1)	Spaghetti with Marinara Sauce & Provolone Garlic Bread	Domino's Pizza	Meaty Cheese Nachos	Breakfast 4 Lunch Pancake, Sausage Link & Scrambled Eggs	Sweet & Sour Chicken with Rice and an Egg Roll
	Chicken Tenders & Cornbread	Chicken Filet Sandwich Regular OR Spicy			Fish Sandwich
	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 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) *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>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>
	28	29	30	31	
Entrees (Choose 1)		Domino's Pizza	Meaty Cheese Nachos	Chicken Wings w/ Rolls	
		Chicken Caesar Salad		Grilled Chicken Chef Salad	Turkey Club Sandwich
		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)	
		Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	Jammer Sandwich w/ Graham Crackers & Cheese	
		<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	<i>Garden Side Salad</i>	
Veggies (May choose 2)	<i>Spicy Corn</i>	<i>Fiesta Black Beans</i>	<i>Peas & Mushrooms</i>		
	<i>Fresh Broccoli</i>	<i>Fresh Baby Carrots</i>	<i>Fresh Cucumber</i>		
	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>		
Fruits (May choose 2) *One fruit juice per meal	<i>Chilled Pear Cup</i>	<i>Chilled Applesauce Cup</i>	<i>Cinnamon Baked Applesauce</i>		

This district is an equal opportunity provider.

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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