

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Entrees (Choose 1)	Pork Rib-B-Que Sandwich	Hot dog on Bun	Chicken Soft Tacos	Spaghetti & Meatsauce w/ Garlic Bread	Chicken & Dutch Waffle
	Stromboli	Pizza	Pizza	Stromboli	Pizza
	Grilled Chicken Filet Sandwich	Meatball Hoagie	Chicken Filet Sandwich	Cheeseburger	Hamburger
	Turkey Ham & Cheese Chef Salad	Southwestern Chicken Salad	Chicken Caesar Salad	Turkey Ham & Cheese Chef Salad	Chicken Caesar Salad
	Yogurt w/ grain	Yogurt w/ grain	Yogurt Parfait	Yogurt w/ grain	Yogurt w/ grain
	Sunwise Sandwich w/ graham crackers & Cheese Stick	Sunwise Sandwich w/ graham crackers & Cheese Stick	Sunwise Sandwich w/ graham crackers & Cheese Stick	Sunwise Sandwich w/ graham crackers & Cheese Stick	Sunwise Sandwich w/ graham crackers & Cheese Stick
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Green Beans	Baked Beans	Fresh Cherry Tomatoes	Steamed Broccoli	Mixed Greens
	Fresh Baby Carrots	Tater Tots	Corn	Glazed Carrots	Au Gratin Potatoes
Fruits (May choose 2)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Peach Cup	Pineapple Cup	Applesauce Cup	Mixed Fruit Cup	Pear Cup
		Apple Crumble			Side Kick Frozen Fruit Juice Cup
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Entrees (Choose 1)	Corndog Nuggets	Asian Bites w/ Roll	Meaty Cheese Nachos	Chicken BBQ Sandwich	Macaroni & Cheese and Fish Nuggets
	Stromboli	Pizza	Pizza	Stromboli	Pizza
	Grilled Chicken Filet Sandwich	Meatball Hoagie	Chicken Filet Sandwich	Cheeseburger	Hamburger
	Turkey Ham & Cheese Chef Salad	Southwestern Chicken Salad	Chicken Caesar Salad	Turkey Ham & Cheese Chef Salad	Chicken Caesar Salad
	Yogurt w/ grain	Yogurt w/ grain	Yogurt Parfait	Yogurt w/ grain	Yogurt w/ grain
	Sunwise Sandwich w/ graham crackers & Cheese Stick	Sunwise Sandwich w/ graham crackers & Cheese Stick	Sunwise Sandwich w/ graham crackers & Cheese Stick	Sunwise Sandwich w/ graham crackers & Cheese Stick	Sunwise Sandwich w/ graham crackers & Cheese Stick
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Fresh Cucumber Slices	Fresh Baby Carrots	Refried Beans	Cole Slaw	Steamed Cabbage
	Sweet Tater Tots	Mashed Potatoes	Steamed Spinach	Green Beans	Baby Bakers
Fruits (May choose 2)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Peach Cup	Pineapple Cup	Applesauce Cup	Mixed Fruit Cup	Pear Cup
		Apple Crumble			Side Kick Frozen Fruit Juice Cup
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Entrees (Choose 1)	Pork BBQ Sandwich	Zesty Chicken Wings w/ Roll	Teriyaki Chicken w/ Rice	Cheesy Breadsticks w/ Marinara Sauce	Pretzel Dog
	Stromboli	Pizza	Pizza	Stromboli	Pizza
	Grilled Chicken Filet Sandwich	Meatball Hoagie	Chicken Filet Sandwich	Cheeseburger	Hamburger
	Turkey Ham & Cheese Chef Salad	Southwestern Chicken Salad	Chicken Caesar Salad	Turkey Ham & Cheese Chef Salad	Chicken Caesar Salad
	Yogurt w/ grain	Yogurt w/ grain	Yogurt Parfait	Yogurt w/ grain	Yogurt w/ grain
	Sunwise Sandwich w/ graham crackers & Cheese Stick	Sunwise Sandwich w/ graham crackers & Cheese Stick	Sunwise Sandwich w/ graham crackers & Cheese Stick	Sunwise Sandwich w/ graham crackers & Cheese Stick	Sunwise Sandwich w/ graham crackers & Cheese Stick
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad	Garden Side Salad
	Cole Slaw	Corn	Fresh Cherry Tomatoes	Roasted Potatoes	Fresh Baby Carrots
	Baked Beans	Mashed Sweet Potatoes	Steamed Spinach	Green Beans	Steamed Broccoli
Fruits (May choose 2)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Peach Cup	Pineapple Cup	Apple Sauce Cup	Mixed Fruit Cup	Pear Cup
		Apple Crumble		Side Kick Frozen Fruit Juice Cup	

*Item may contain pork

A variety of milk served with each meal

K-8 Breakfast Menu

	Day 1	Day 2	Day 3	Day 4	Day 5
Entrees (Choose 1)	Eggo Waffle	Beef Sausage and Cheese on Mini Bagel	French Toast Sticks	Sausage Pancake* on Stick	Turkey Ham w/ Egg & Cheese Stick
	Cereal & Graham Crackers	Cereal & Graham Crackers	Cereal & Graham Crackers	Cereal & Graham Crackers	Cereal & Graham Crackers
	Jumpstart	Jumpstart	Jumpstart	Jumpstart	Jumpstart
	Apple Roll	Orange & Apple Breakfast Smoothie	Sunberry UBR	Yogurt w/ Grain	Banana Bread
Fruits (May choose 2)	Fruit	Fruit	Fruit	Fruit	Fruit
	Juice	Juice	Juice	Juice	Juice
Milk	Milk	Milk	Milk	Milk	Milk

Menu subject to change

*Item may contain pork

All grains are whole grains

Menu Prices:

Lunch Prices:

Reduced.....\$0.40
 Full Price.....\$2.00
 Adults.....Ala Carte

Meal Applications are available at any time.
 Apply today. Applications can be obtained online or from the cafeteria manager. Applications can be filled out on line at: <https://onlineapps.hampton.k12.va.us/>

On **Early Release** Days, the regular lunch menu will be served.
 On **Early Close** Days, Sunbutter Sandwiches or Yogurt w/ Graham Crackers Or Chicken patty Sandwich with fresh Vegetables and Fruits and a choice of Milk.
 The **Holiday Meal**, served in November or December, Turkey & Dressing w/ Gravy & Roll, Mashed Sweet Potatoes, Green Beans, Apple Crumble and Choice of milk.

September:	S	M	T	W	Th	F	S
			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30			

October:	S	M	T	W	Th	F	S
					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

November:	S	M	T	W	Th	F	S
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	EC	C	C	28
	29	30					

December:	S	M	T	W	Th	F	S
			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	C	C	C	26
	27	C	C	C	C		

Note to Customers: A School Lunch consists of five food components:

S: Students Do Not Report
C: All Schools & Offices Closed
EC: Early Close

Meat/Meat Alternate
Vegetables
Fruit
Whole Grains
Milk (8 fluid oz)

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 items must be a fruit or vegetable serving.**

HCS Food & Nutrition Services stands behind the philosophy of continuous improvement for all aspects of our daily menus. In conjunction with the Dietary Guidelines for Americans, all grains are whole grains, fresh salads, fruits and vegetables are provided with each meal. Under the National School Lunch Program, a school lunch meets 1/3 of the dietary reference intakes (DRIs). Along with a healthy diet, all customers are encouraged to increase the amount of daily activity. With small changes, a pattern of lifelong healthy habits can be achieved.

Charge Policy: Hampton City Schools Food & Nutrition Services has a NO-Charge policy for adults and high school students. In case of an emergency, elementary and middle school students may charge a meal, but the charge must be repaid the next day. Food & Nutrition Services encourages all parents/guardians to use MyPaymentsPlus.com to keep their student's account in the black.

MyPaymentsPlus.com: Manage your student's account on www.MyPaymentPlus.com or call 877-237-0946. Monitor purchases or check balances for free. For a small fee, make payments using a check, credit card or debit card. Email notifications of low balances or automatic payments are available.

Hampton City Schools does not discriminate on the basis of race, color, national origin, sex, disability, age or other protected classes in its programs and activities and provides equal access to the Boy Scouts and other youth groups. The following person has been designated to handle inquiries regarding the non-discrimination policies: Robbin Ruth, Executive Director of Human resources. One Franklin Street, Hampton, VA 23669 (757) 727-2000.

"USDA is an equal opportunity provider and employer"