

**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.

	2	3	4	5	6
<b>Entrees (Choose 1)</b>					
<b>Veggies (May choose 2)</b>					
<b>Fruits (May choose 2)</b> *One fruit juice per meal					
	9	10	11	12	13
<b>Entrees (Choose 1)</b>	Spaghetti with Marinara Sauce & Provolone Garlic Bread	Domino's Pizza	Meaty Cheese Nachos	<b>Breakfast 4 Lunch</b> Pancake, Sausage Link & Scrambled Eggs	Sweet & Sour Chicken with Rice & an Egg Roll
	Chicken Tenders & Cornbread	Chicken Filet Sandwich Regular OR Spicy		Turkey Club Sandwich	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	<b>Lunch Pack</b> (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
<b>Veggies (May choose 2)</b>	<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>
<b>Fruits (May choose 2)</b> *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>
	16	17	18	19	20
<b>Entrees (Choose 1)</b>	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	<b>Lunch Pack</b> (Yogurt 4oz, Cheese Stick, Cocoa Cherry Bar, Gold Fish Graham, Fruit)	Fruit & Yogurt Parfait	<b>Lunch Pack</b> (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
<b>Veggies (May choose 2)</b>	<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 &amp; 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>
<b>Fruits (May choose 2)</b> *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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	23	24	25	26	27
<b>Entrees (Choose 1)</b>	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
<b>Veggies (May choose 2)</b>	<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>
<b>Fruits (May choose 2) *One fruit juice per meal</b>	<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>
	<b>30</b>				
<b>Entrees (Choose 1)</b>	Spaghetti with Marinara Sauce & Provolone Garlic Bread				
	Chicken Tenders & Cornbread				
	Italian Chef Salad				
	Yogurt w/ Grain				
	Jammer Sandwich w/ Graham Crackers & Cheese				
<b>Veggies (May choose 2)</b>	<i>Garden Side Salad</i>				
	<i>Oven Roasted Cabbage</i>				
	<i>Fresh Cucumber Sticks</i>				
<b>Fruits (May choose 2) *One fruit juice per meal</b>	<i>Fresh Fruit</i>				
	<i>Cinnamon Baked Apples</i>				

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