

Hampton City Schools  
Lunch Menu - Secondary Schools



LUNCH PRICES  
Elementary \$1.95  
Secondary \$2.15  
Reduced \$0.40  
Adult/Non-student - A la

A variety of milk is offered daily.

ENJOY YOUR SPRING BREAK!										
Entrées (Choose 1)	9	10	11	12	13					
Veggies (May choose 2)										
Fruits (May choose 2)										
Entrées (Choose 1)	Corn Dog Nuggets	Sweet & Sour Chicken with Rice & Egg Roll	Pizza Meatlovers - Big Daddy	Hamburger OR Cheeseburger	Meatball Hoagie					
	Pizza HS ONLY - Dominos	Pizza MS ONLY - Dominos Hamburger OR Cheeseburger	Meaty Cheese Nachos	Chicken Bites & Cornbread	Pizza Big Daddy (Pepperoni OR Cheese)					
	Turkey Club Hoagie	Turkey Club Flat Wrap	Chicken Filet Sandwich	Italian Flat Wrap	Toasted Grilled Cheese Sandwich & Soup					
	Lunch Packs (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Chicken Caesar Salad Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Fruit & Yogurt Parfait with Granola	Chicken Caesar Salad 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)					
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 Applesauce Cup	Cinnamon Baked Apples	Frozen Fruit Juice Cup					
16	17	18	19	20						
Entrées (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 Hamburger OR Cheeseburger	Pizza Meatlovers - Nardones	Rib B Que Sandwich Hamburger OR Cheeseburger	Pizza Big Daddy (Pepperoni OR Cheese)					
	Turkey Club Hoagie	Turkey Supreme Flat Wrap	Chicken Filet Sandwich Original OR Spicy	Italian Flat Wrap	Fish Sandwich					
	Lunch Packs (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)	Chicken Caesar Salad Lunch Packs (Yogurt 4oz, Cheese Sticks/Cubes, Cocoa Cherry Bar, Granola Biscuit-Cinnamon, Fruit)	Fruit & Yogurt Parfait with Granola	Chicken Caesar Salad 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 )					
Veggies (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 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 Applesauce Cup	Chilled Mixed Fruit Cup	Frozen Fruit Juice Cup					

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	23	24	25	26	27
<b>Entrées (Choose 1)</b>	Vegetarian Bake & Toasted Garlic Cheese Bread	Pizza MS ONLY - Dominos	Chicken & Dutch Waffle (Regular or Spicy Chicken)	Spaghetti w/ Meatsauce & Garlic Bread	General Tso w/ Rice & Egg Roll
	Pizza HS ONLY - Dominos	Hamburger OR Cheeseburger Turkey Supreme Flat Wraps	Pizza Meatlovers - Nardones	Hot Dog w/ Chili & Cheese 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
	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 (1/2 Turkey Supreme Wrap, 1/2 Grilled Chicken Chef Salad, Fruit)	Chicken Caesar Salad 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)
<b>Veggies (May choose 2)</b>	Garden Side Salad	Garden Side Salad	Garden Side Salad	Baked Beans	Garden Side Salad
	Steamed Corn	Au Gratin Potatoes	Baked Beans	Fresh Baby Carrots	Oven Roasted Cabbage
	Fresh Celery Sticks	Fresh Cucumbers	Fresh Cauliflower	Fresh Baby Carrots	Fresh Vegetable Medley
<b>Fruits (May choose 2) *One fruit juice per meal</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Chilled Peach Cup	Chilled Pear Cup	Cinnamon Baked Apples	Chilled Applesauce Cup	Frozen Fruit Juice Cup
<b>30</b>					
<b>Entrées (Choose 1)</b>	Corn Dog Nuggets				
	Pizza HS ONLY - Dominos				
	Turkey Club Hoagie				
	Lunch Packs (1/2 Turkey Club Hoagie & 1/2 Chopped Salad, Fruit)				
<b>Veggies (May choose 2)</b>	Garden Side Salad				
	Spicy Corn				
	Fresh Cucumber Sticks				
<b>Fruits (May choose 2) *One fruit juice per meal</b>	Fresh Fruit				
	Chilled Peach Cup				

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