

**Hampton City Schools
Lunch Menu - Secondary Schools**



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

A variety of milk is offered daily.

					1				
Entrées (Choose 1)					Meatball Hoagie				
					Pizza Big Daddy (Pepperoni OR Cheese)				
					Toasted Grilled Cheese Sandwich & Soup				
					Lunch Packs (1/2 Italian Wrap, 1/2 Garden Chef Salad, Fruit)				
Veggies (May choose 2)					Garden Side Salad				
					Sweet Potato Waffle Fries				
					Fresh Cauliflower				
Fruits (May choose 2)					Fresh Fruit				
					Frozen Fruit Juice Cup				
					4	5	6	7	8
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	Sauteed 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				
					11	12	13		
Entrées (Choose 1)	Vegetarian Bake & Toasted Garlic Cheese Bread	Pizza MS ONLY - Dominos Hamburger OR Cheeseburger Turkey Supreme Flat Wraps	Chicken & Dutch Waffle (Regular or Spicy Chicken)						
	Pizza HS ONLY - Dominos		Pizza Meatlovers - Nardones						
	Chicken Filet Sandwich Regular OR Spicy	Chicken Caesar Salad	Fruit & Yogurt Parfait with Granola						
	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)						
Veggies (May choose 2)	Garden Side Salad	Garden Side Salad	Garden Side Salad						
	Steamed Corn	Au Gratin Potatoes	Baked Beans						
	Fresh Celery Sticks	Fresh Cucumbers	Fresh Cauliflower						
Fruits (May choose 2) *One fruit juice per meal	Fresh Fruit	Fresh Fruit	Fresh Fruit						
	Chilled Peach Cup	Chilled Pear Cup	Cinnamon Baked Apples						

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