BREAKFAST AND LUNCH ARE AVAILABLE TO ALL STUDENTS FOR FREE!

Staff/Visitor Lunches: \$4.00

Hampton Elementary School

Breakfast & Lunch Menu

NOVEMBER 2018

PLEASE SEE BACKSIDE FOR A BRIEF NEWSLETTER & MORE MEAL INFORMATION!

DO YOU LIKE OUR NEW FORMAT?

			11/1 11/2	
		'	Cheesy Mac n' Cheese	Cheese Burger Deluxe
			Garlic Bread Stick	Lettuce, Tomato & Pickle
			Steamed Broccoli	Sweet Potato Fries
			Golden Carrots	Vegetarian Baked Beans
			Assorted Fruits	Assorted Fruits
			Milk	Milk
			11/1	-
			Breakfast: Mini Waffles	Breakfast: Egg and Cheese
11/5	11/6	11/7	11/8	11/9
French Bread Pizza	, -	Mini Corn Dogs	Zesty Orange Chicken	Pasta and Meatballs
	ockov.			
Crispy Cucumber Wheels	LEGOILO CAMBENA	Oven Baked Potato Wedge	Seasoned Brown Rice	Marinara Sauce
Crunchy Baby Carrots	TYGINIA	Three Bean Salad	Steamed Broccoli & Carrots	Garden Salad
Ranch Dipping Sauce		Assorted Fruits	Fortune Cookie	Italian Dressing
Assorted Fruits	0000	Milk	Assorted Fruits	Assorted Fruits
Milk			Milk	Milk
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Breakfast: Breakfast Pastry		Breakfast: Breakfast Pastry	Breakfast: Mini Waffles	Breakfast: Egg and Cheese
11/12	11/13	11/14	11/15	11/16
Cheesy Pizza Slice	Brunch for Lunch	Toasted Cheese	Beef and Cheese	Lasagna Roll Up
-		Sandwich	Taco Boat	
Three Bean Salad	French Toast Sticks	It's National Pickle Day!	Zesty Tomato Salsa	Topped w/ Meat Sauce &
Crunchy Baby Carrots	Egg Patty Tater Tots & Grape Tomatoes	Vegetarian Baked Beans Sweet Potato Fries	Sweet Steamed Corn Seasoned Rice	Cheese Garden Salad
Ranch Dipping Sauce Assorted Fruits	Assorted Fruits	Served with a Pickle	Assorted Fruits	Assorted Fruits
Milk	Milk	Assorted Fruits	Milk	Milk
		Milk		
Breakfast: Breakfast Pastry	Breakfast: Mini Pancakes	Breakfast: Breakfast Pastry	Breakfast: Mini Waffles	Breakfast: Egg and Cheese
11/19	11/20	11/21	11/22	11/23
Fried Dough w/ Sauce	Hearty Mexican Mac n' Cheese	Sloppy, Sloppy Joe		
Crunchy Baby Carrots	iviac n' Cneese	Served on a WG Roll		
Garden Salad	Tortilla Chips and Salsa	Oven Baked Fries		1011
w/ Ranch Dressing	Sweet Steamed Corn	Zesty Green Bean Salad	\sim 0 100	
Assorted Fruits	Assorted Fruits	Assorted Fruits		. 0
Milk	Milk	Milk	Thanks	anna
Breakfast: Breakfast Pastry	Breakfast: Mini Pancakes	Breakfast: Breakfast Pastry		gooding
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11/26	11/27	11/28	11/29	11/30
Cheesy Pizza Slice	Chicken Tenders	Brunch for Lunch Happy National	Cheese Quesadilla	Fish and Chips
Crispy Celery Sticks	Seasoned Brown Rice	French Toast Day!	Zesty Tomato Salsa	Oven Baked Potato Wedges
Crunchy Baby Carrots	Steamed Broccoli	French Toast Sticks	Sweet Steamed Corn	Creamy Coleslaw
Ranch Dipping Sauce	Golden Carrots	Egg Patty	Refried Beans	Tartar Sauce
Assorted Fruits	Assorted Fruits	Tater Tots & Grape Tomatoes	Assorted Fruits	Assorted Fruits
Milk	Milk	Assorted Fruits Milk	Milk	Milk
Breakfast: Breakfast Pastry	Breakfast: Mini Pancakes	Breakfast: Breakfast Pastry	Breakfast: Mini Waffles	Breakfast: Egg and Cheese
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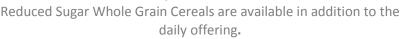
- November 13, 2018 is World Kindness Day! Help us celebrate! Kindness Day was born when a collection of humanitarian groups came together on November 13, 1997 and made a "Declaration of Kindness". Likewise, on Kindness Day everyone is encouraged to make a similar declaration.
- ❖ Did you know? The first Thanksgiving was held in the autumn of 1621 and included 50 Pilgrims and 90 Wampanoag Indians and lasted three days!
- Thanksgiving didn't become a national holiday until over 200 years later! Sarah Josepha Hale, the woman who actually wrote the classic song "Mary Had a Little Lamb," convinced President Lincoln in 1863 to make Thanksgiving a national holiday, after writing letters for 17 years campaigning for this to happen. Thanks Sarah!

Be on the lookout for our new EASTCONN Food Services Facebook Page coming soon!





A complete breakfast includes; Whole Grain based Entrée, Milk,
Fruit and/or 100% Fruit Juice.







What does a complete hot lunch include?
Grain, meat/meat alternate, vegetable, fruit & milk

Students are encouraged to select all 5 components!



Alternate lunches are available daily by request only and include all food group components:

- A peanut butter & jelly or peanut butter & fluff On whole wheat bread
- Salad with turkey, salad with cheese or salad with turkey
 & cheese (*EXCEPT *Salad Days)

A meal is considered complete is 3 out of 5 food groups are present on the tray, including a serving of fruit.

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.