

**Hampton Elementary
School**
Breakfast & Lunch Menu
NOVEMBER 2018

*BREAKFAST AND LUNCH ARE
AVAILABLE TO ALL STUDENTS FOR
FREE!*
Staff/Visitor Lunches: \$4.00

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

DO YOU LIKE OUR NEW FORMAT?

			11/1 Cheesy Mac n' Cheese Garlic Bread Stick Steamed Broccoli Golden Carrots Assorted Fruits Milk 11/1 <i>Breakfast: Mini Waffles</i>	11/2 Cheese Burger Deluxe Lettuce, Tomato & Pickle Sweet Potato Fries Vegetarian Baked Beans Assorted Fruits Milk 11/2 <i>Breakfast: Egg and Cheese</i>
11/5 French Bread Pizza Crispy Cucumber Wheels Crunchy Baby Carrots Ranch Dipping Sauce Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	11/6  <i>Breakfast: Breakfast Pastry</i>	11/7 Mini Corn Dogs Oven Baked Potato Wedge Three Bean Salad Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	11/8 Zesty Orange Chicken Seasoned Brown Rice Steamed Broccoli & Carrots Fortune Cookie Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>	11/9 Pasta and Meatballs Marinara Sauce Garden Salad Italian Dressing Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i>
11/12 Cheesy Pizza Slice Three Bean Salad Crunchy Baby Carrots Ranch Dipping Sauce Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	11/13 Brunch for Lunch French Toast Sticks Egg Patty Tater Tots & Grape Tomatoes Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i>	11/14 Toasted Cheese Sandwich <i>It's National Pickle Day!</i> Vegetarian Baked Beans Sweet Potato Fries Served with a Pickle Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	11/15 Beef and Cheese Taco Boat Zesty Tomato Salsa Sweet Steamed Corn Seasoned Rice Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>	11/16 Lasagna Roll Up Topped w/ Meat Sauce & Cheese Garden Salad Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i>
11/19 Fried Dough w/ Sauce Crunchy Baby Carrots Garden Salad w/ Ranch Dressing Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	11/20 Hearty Mexican Mac n' Cheese Tortilla Chips and Salsa Sweet Steamed Corn Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i>	11/21 Sloppy, Sloppy Joe Served on a WG Roll Oven Baked Fries Zesty Green Bean Salad Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	11/22	11/23 
11/26 Cheesy Pizza Slice Crispy Celery Sticks Crunchy Baby Carrots Ranch Dipping Sauce Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	11/27 Chicken Tenders Seasoned Brown Rice Steamed Broccoli Golden Carrots Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i>	11/28 Brunch for Lunch <i>Happy National French Toast Day!</i> French Toast Sticks Egg Patty Tater Tots & Grape Tomatoes Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	11/29 Cheese Quesadilla Zesty Tomato Salsa Sweet Steamed Corn Refried Beans Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>	11/30 Fish and Chips Oven Baked Potato Wedges Creamy Coleslaw Tartar Sauce Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i>

*Menu subject to change without notice.

FOOD NEWS!

- ❖ 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!



Breakfast



A complete breakfast includes; Whole Grain based Entrée, Milk, Fruit and/or 100% Fruit Juice.
Reduced Sugar Whole Grain Cereals are available in addition to the daily offering.



What does a complete hot lunch include?

Grain, meat/meat alternate, vegetable, fruit & milk

Students are encouraged to select all 5 components!

Lunch

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.