

**Hampton Elementary  
School**  
Breakfast & Lunch Menu  
**FEBRUARY 2019**

*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?

				<b>2/1</b> <b>Chicken Tenders</b> Seasoned Brown Rice Steamed Broccoli Golden Carrots Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i>
<b>2/4</b> <b>Turkey &amp; Cheese Grinder</b> Lettuce & Tomato Baked Potato Chips Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	<b>2/5</b> <b>Zesty Orange Chicken</b> <i>Happy Chinese New Year!!</i> Seasoned Brown Rice Steamed Broccoli & Carrots Fortune Cookie Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i>	<b>2/6</b> <b>Sloppy, Sloppy Joe</b> Served on a WG Roll Oven Baked Fries Zesty Green Bean Salad Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	<b>2/7</b> <b>BBQ Chicken</b> Season Brown Rice Steamed Broccoli Golden Carrots Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>	<b>2/8</b> <b>Fried Dough w/ Sauce</b> <i>Happy National Pizza Day!</i> Crunchy Baby Carrots Garden Salad w/ Ranch Dressing Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i>
<b>2/11</b> <b>Cheesy Pizza Slice</b> Crispy Celery Sticks Crunchy Baby Carrots Ranch Dipping Sauce Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	<b>2/12</b> <b>Brunch for Lunch</b> French Toast Sticks Egg Patty Tater Tots & Grape Tomatoes Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i>	<b>2/13</b> <b>Lasagna Roll Up</b> <i>National Italian Food Day!</i> Topped w/ Meat Sauce & Cheese Garden Salad Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	<b>2/14</b> <b>Cheese Quesadilla</b> Zesty Tomato Salsa Sweet Steamed Corn Refried Beans Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>	<b>2/15</b> <b>Fish and Chips</b> <i>#NoOneEatsAloneDay</i> Oven Baked Potato Wedges Creamy Coleslaw Tartar Sauce Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i>
<b>2/18</b>	<b>2/19</b>	<b>2/20</b> <b>BBQ Beef</b> Served on WG Roll Seasoned Green Beans Oven Baked Potato Wedge Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	<b>2/21</b> <b>Cheesy Mac n' Cheese</b> Garlic Bread Stick Steamed Broccoli Golden Carrots Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>	<b>2/22</b> <b>Cheese Burger Deluxe</b> Lettuce, Tomato & Pickle Sweet Potato Fries Vegetarian Baked Beans Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i>
		<b>2/25</b> <b>French Bread Pizza</b> Crispy Cucumber Wheels Crunchy Baby Carrots Ranch Dipping Sauce Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	<b>2/26</b> <b>Beef and Cheese Nachos</b> Zesty Tomato Salsa Sweet Steamed Corn Refried Beans Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i>	<b>2/27</b> <b>Mini Corn Dogs</b> Oven Baked Potato Wedge Seasoned Green Beans Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>
		<b>2/28</b> <b>Hearty Mexican Mac n' Cheese</b> Tortilla Chips and Salsa Sweet Steamed Corn Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>		

\*Menu subject to change without notice.

# FOOD NEWS!

- ❖ Groundhog Day is observed on February 2nd, each year in the United States and Canada. For a nice welcomed break during the winter, on this day the groundhog awakens from his nap and goes outside to see if he can see his shadow. Will he see his shadow this year?
- ❖ On Friday February 15th, lunchrooms across America have accepted the mission started by National No One Eats Alone Day. No One Eats Alone is a positive prevention initiative from nonprofit Beyond Differences aimed at creating a lunchtime of inclusion. Organized by students for students, middle schools across the nation look beyond differences and find ways to start conversations at lunchtime – with everyone. No one eats alone.
- ❖ EASTCONN participates in the Put Local on your Tray initiative. Put Local on Your Tray's Mission: Harnessing the energy and knowledge of our partners and networks, we develop relationships and tools to empower school communities to source, serve, & celebrate local food.

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.