BREAKFAST AND LUNCH ARE AVAILABLE TO ALL STUDENTS FOR FREE!

Staff/Visitor Lunches: \$4.00

Hampton Elementary School

Breakfast & Lunch Menu

APRIL 2019

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

DO YOU LIKE OUR NEW FORMAT?

4/1	-	4/3	4/4	4/5
Cheesy Pizza Slice	Brunch for Lunch	Chicken Tenders	Cheese Quesadilla	Fish and Chips
Crispy Celery Sticks	French Toast Sticks	Seasoned Brown Rice	Zesty Tomato Salsa	Oven Baked Potato Wedges
Crunchy Baby Carrots	Egg Patty and or Sausage	Steamed Broccoli	Sweet Steamed Corn	Creamy Coleslaw
Ranch Dipping Sauce	Tater Tots & Grape Tomatoes	Golden Carrots	Refried Beans	Tartar Sauce and a Roll
Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits
Milk	Milk	Milk	Milk	Milk
Breakfast: Breakfast Pastry	Breakfast: Mini Pancakes	Breakfast: Breakfast Pastry	Breakfast: Mini Waffles	Breakfast: Egg and Cheese
4/8	4/9	4/10	4/11	4/12
Pizza Crunchers	Chicken Soft Taco	BBQ Beef	Cheesy Mac n' Cheese	Toasted Cheese
				Sandwich
Marinara	Tomato Salsa	Served on WG Roll	Garlic Bread Stick	NTL Grilled Cheese Day!
Crunchy Baby Carrots	Shredded Lettuce & Tomato	Creamy Coleslaw	Steamed Broccoli	Vegetarian Baked Beans
Garden Salad w/ Ranch	Refried Beans	Oven Baked Potato Wedge	Golden Carrots	Sweet Potato Fries
Assorted Fruits Milk	Assorted Fruits Milk	Assorted Fruits Milk	Assorted Fruits Milk	Assorted Fruits Milk
IVIIIK	IVIIIK	IVIIIK	IVIIIK	IVIIIK
Breakfast: Breakfast Pastry	Breakfast: Mini Pancakes	Breakfast: Breakfast Pastry	Breakfast: Mini Waffles	Breakfast: Egg and Cheese
4/15	4/16	4/17	4/18	4/19
Haj	py !	Plin	g Di	eak
4/22	4/23	4/24	4/25	4/26
French Bread Pizza Celebrate Earth Day	Beef and Cheese Nachos	Mini Corn Dogs Happy Pigs in a Blanket Day!	Zesty Orange Chicken	Cheese Burger Deluxe National Pretzel Day!
Celebrate Earth Day	Zesty Tomato Salsa	парру гідз ін а віанкеї дау:	Seasoned Brown Rice	National Pretzei Day!
Broccoli Trees	Sweet Steamed Corn	Oven Baked Potato Wedge	Steamed Broccoli & Carrots	Served on a Pretzel Bun
Crunchy Baby Carrots	Refried Beans	Vegetarian Baked Beans	Fortune Cookie	Lettuce, Tomato & Pickle
Ranch Dipping Sauce Assorted Fruits	Assorted Fruits Milk	Assorted Fruits Milk	Assorted Fruits Milk	Sweet Potato Fries Assorted Fruits
Milk	IVIIIK	IVIIIK	IVIIIK	Milk
Breakfast: Breakfast Pastry 4/29	Breakfast: Mini Pancakes	Breakfast: Breakfast Pastry	Breakfast: Mini Waffles	Breakfast: Egg and Cheese
Cheesy Pizza Slice	4/30 Brunch for Lunch			
Clicesy Fizza Slice	National Oatmeal Cookie Day!			
Baby Carrots	French Toast Sticks			
Garden Salad and Ranch	Egg Patty and or Sausage			
Assorted Fruits Milk	Tater Tots & Grape Tomatoes Assorted Fruits			
IVIIIX	Milk & a Cookie			
Breakfast: Breakfast Pastry	Breakfast: Mini Pancakes			
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- World Health Day is a global health awareness day celebrated every year on April 7th, under the sponsorship of the World Health Organization, as well as other related organizations. In 1948, the WHO held the First World Health Assembly.
- Celebrate Earth Day on April 22nd! The biggest lesson from the first Earth Day: When we come together, the impact can be monumental. Go green by making small changes that add up to making a big difference. Commit to earth-friendly acts, make more sustainable choices, reduce your carbon footprint, conserve energy and resources, collaborate on environmental projects in your community and share your acts of green to help educate and inspire others to join the movement! Start protecting the environment today and help create a healthy, more sustainable future.
- ❖ 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.



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.





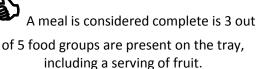
What does a complete hot lunch include?
Grain, meat/meat alternate, vegetable, fruit & milk

Students are encouraged to select all 5 components!



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)



This Is An Equal Opportunity Institution