

**Hampton Elementary
School**
Breakfast & Lunch Menu
APRIL 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?

4/1 Cheesy Pizza Slice Crispy Celery Sticks Crunchy Baby Carrots Ranch Dipping Sauce Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	4/2 Brunch for Lunch French Toast Sticks Egg Patty and or Sausage Tater Tots & Grape Tomatoes Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i>	4/3 Chicken Tenders Seasoned Brown Rice Steamed Broccoli Golden Carrots Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	4/4 Cheese Quesadilla Zesty Tomato Salsa Sweet Steamed Corn Refried Beans Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>	4/5 Fish and Chips Oven Baked Potato Wedges Creamy Coleslaw Tartar Sauce and a Roll Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i>
4/8 Pizza Crunchers Marinara Crunchy Baby Carrots Garden Salad w/ Ranch Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	4/9 Chicken Soft Taco Tomato Salsa Shredded Lettuce & Tomato Refried Beans Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i>	4/10 BBQ Beef Served on WG Roll Creamy Coleslaw Oven Baked Potato Wedge Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	4/11 Cheesy Mac n' Cheese Garlic Bread Stick Steamed Broccoli Golden Carrots Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>	4/12 Toasted Cheese Sandwich <i>NTL Grilled Cheese Day!</i> Vegetarian Baked Beans Sweet Potato Fries Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i>
4/15	4/16	4/17	4/18	4/19
				
4/22 French Bread Pizza <i>Celebrate Earth Day</i> Broccoli Trees Crunchy Baby Carrots Ranch Dipping Sauce Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	4/23 Beef and Cheese Nachos Zesty Tomato Salsa Sweet Steamed Corn Refried Beans Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i>	4/24 Mini Corn Dogs <i>Happy Pigs in a Blanket Day!</i> Oven Baked Potato Wedge Vegetarian Baked Beans Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	4/25 Zesty Orange Chicken Seasoned Brown Rice Steamed Broccoli & Carrots Fortune Cookie Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>	4/26 Cheese Burger Deluxe <i>National Pretzel Day!</i> Served on a Pretzel Bun Lettuce, Tomato & Pickle Sweet Potato Fries Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i>
4/29 Cheesy Pizza Slice Baby Carrots Garden Salad and Ranch Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	4/30 Brunch for Lunch <i>National Oatmeal Cookie Day!</i> French Toast Sticks Egg Patty and or Sausage Tater Tots & Grape Tomatoes Assorted Fruits Milk & a Cookie <i>Breakfast: Mini Pancakes</i>			

*Menu subject to change without notice.

FOOD NEWS!

- ❖ 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.

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!

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)

Lunch



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

This Is An Equal Opportunity Institution

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