

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

Hampton Elementary School Breakfast & Lunch Menu MAY 2019

FRESH FRUITS AND VEGGIES
SERVED EVERY DAY!
BE SURE TO CHECK OUT OUR
RAINBOW TRAY!!

		5/1 Toasted Cheese Sandwich Vegetarian Baked Beans Sweet Potato Fries Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	5/2 Beef and Cheese Crunchy Tacos Tomato Salsa Seasoned Rice & Golden Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>	5/3 Pasta and Meatballs Lunch Hero Day!! Served with Marinara Garden Salad Italian Dressing Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i>
5/6 Pizza Day!! Crunchy Baby Carrots Garden Salad w/ Ranch Dressing Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	5/7 Hearty Beef & Bean Chili Teacher Appreciation Day!! Topped with Cheese Served with Tortilla Chips Sweet Steamed Corn Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i>	5/8 Pop Corn Chicken & Mac n' Cheese Steamed Broccoli Steam Carrots Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	5/9 BBQ Chicken Season Brown Rice Baked Beans Steamed 4 Way Veggies Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>	5/10 Turkey & Cheese Grinder Lettuce & Tomato Baked Potato Chips Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i>
5/13 Pizza Day!! Crispy Celery Sticks Crunchy Baby Carrots Ranch Dipping Sauce Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	5/14 Brunch for Lunch French Toast Sticks Egg Patty or Sausage Tater Tots & Grape Tomatoes Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i>	5/15 Chicken Tenders Choc Chip Cookie Day!! Seasoned Brown Rice Steamed Broccoli Golden Carrots Assorted Fruits Choc Chip Cookie & Milk <i>Breakfast: Breakfast Pastry</i>	5/16 Cheese Quesadilla Zesty Tomato Salsa Sweet Steamed Corn Refried Beans Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>	5/17  <i>Breakfast: Egg and Cheese</i>
5/20 Pizza Day!! Crunchy Baby Carrots Garden Salad w/ Ranch Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	5/21 Chicken Soft Taco Tomato Salsa Shredded Lettuce & Tomato Refried Beans Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i>	5/22 Mini Corn Dogs Ntl Vanilla Pudding Day!!! Oven Baked Potato Wedge Baked Beans Assorted Fruits Vanilla Pudding & Milk <i>Breakfast: Breakfast Pastry</i>	5/23 Crispy Chicken Patty Served on WG Roll Sweet Potato Fries Steamed Broccoli Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>	5/24  <i>Breakfast: Egg and Cheese</i>
5/27  <i>www.shutterstock.com - 418430059</i>	5/28 Cheese Burger Served on a WG Roll Oven Baked Fries Zesty Green Bean Salad Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i>	5/29 Brunch for Lunch French Toast Sticks Egg Patty or Sausage Tots & Grape Tomatoes Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i>	5/30 Zesty Orange Chicken Seasoned Brown Rice Steamed Broccoli & Carrots Fortune Cookie Assorted Fruits Milk <i>Breakfast: Mini Waffles</i>	5/31  <i>Breakfast: Egg and Cheese</i>

*Menu subject to change without notice.

FOOD NEWS!

- ❖ On Friday, May 3, 2019, we will celebrate the 7th Annual School Lunch Hero Day! School Lunch Hero Day is a chance to showcase the difference school nutrition professionals make for every child who comes through the cafeteria. Between preparing healthy meals for America's students, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, school nutrition professionals are true heroes.
- ❖ National Teacher Day will take place on May 7th. The National Education Association describes National Teacher Day "as a day for honoring teachers and recognizing the lasting contributions they make to our lives." Teachers play a critical role in educating and shaping our children: the future leaders of our country. We entrust our children with the teachers, and they affect their lives on a daily basis.

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.

This Is An Equal Opportunity Institution

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