

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

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

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

6/3 Pizza Crunchers Served with Assorted Fresh Fruits And Vegetables Milk <i>Alt: Chef's Choice</i> <i>Breakfast: Breakfast Pastry</i>	6/4 Cheese Quesadillas Served with Assorted Fresh Fruits And Vegetables Milk <i>Alt: Chef's Choice</i> <i>Breakfast: Mini Pancakes</i>	6/5 Macaroni & Cheese Served with Assorted Fresh Fruits And Vegetables Milk <i>Alt: Chef's Choice</i> <i>Breakfast: Breakfast Pastry</i>	6/6 Field Day!! Hot Dog Baby Carrots Chips Watermelon Milk <i>Alt: Chef's Choice</i> <i>Breakfast: Mini Waffles</i>	6/7 Lasagna Roll Up Served with Assorted Fresh Fruits And Vegetables Milk <i>Alt: Chef's Choice</i> <i>Breakfast: Egg and Cheese</i>
6/10 Fried Dough w/ Sauce Served with Assorted Fresh Fruits And Vegetables Milk <i>Alt: Chef's Choice</i> <i>Breakfast: Breakfast Pastry</i>	6/11 Pasta & Meatballs Served with Assorted Fresh Fruits And Vegetables Milk <i>Alt: Chef's Choice</i> <i>Breakfast: Mini Pancakes</i>	6/12 Chicken Tenders Served with Assorted Fresh Fruits And Vegetables Milk <i>Alt: Chef's Choice</i> <i>Breakfast: Breakfast Pastry</i>	6/13 Toasted Cheese Sandwich Served with Assorted Fresh Fruits And Vegetables Milk <i>Alt: Chef's Choice</i> <i>Breakfast: Mini Waffles</i>	6/14  <i>Alt: Chef's Choice</i> <i>Breakfast: Egg and Cheese</i>
6/17 Pizza Day!! Served with Assorted Fresh Fruits And Vegetables Milk <i>Alt: Chef's Choice</i> <i>Breakfast: Breakfast Pastry</i>				
<p>Have a great</p>  <p>SUMMER</p>				

*Menu subject to change without notice.

FOOD NEWS!



Free Summer Meals!
Comidas de Verano Gratis!

Kids and teens 18 and under
Niños y adolescentes de 18 años y menos

EHC! | **NOKID HUNGRY** | **CSDE**
NO HUNGER CONNECTICUT | BRING YOUR STRENGTH CONNECTICUT | A QUALITY EDUCATION CONNECTION

FOR SITES NEAR YOU, CALL/LLAME **211**
TEXT **CTmeals** TO **877877**
www.CTSummerMeals.org

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

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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