


**Hampton Elementary  
School**  
Breakfast & Lunch Menu  
**Aug/Sept 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!!

		8/28	8/29	8/30
		<b>French Toast Sticks</b> Chicken Sausage Hash Browns Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Patty</i>	<b>Beef-a- Roni!</b> Garlic Knot Garden Salad Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Patty</i>	<b>Personal PIZZA</b> Cheese or Roni Baby Carrots & Ranch Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Patty</i>
9/2	9/3	9/4	9/5	9/6
	<b>Beef &amp; Bean Chili Topped w/ Cheese</b> Tortilla Chips Golden Corn Rainbow Tray w/ Fruit & Veggies  <i>Alt. Mozz Sticks</i>	<b>Rodeo Burger</b> BBQ Sauce & Cheddar Onion Ring Baked Beans Rainbow Tray w/ Fruit & Veggies  <i>Alt. Mozz Sticks</i>	<b>General Tso's Chicken</b> Steamed Broccoli Seasoned Brown Rice Fortune Cookie Rainbow Tray w/ Fruit & Veggies  <i>Alt. Mozz Sticks</i>	<b>French Bread PIZZA</b> Cheese or Roni Cucumber Wheels Rainbow Tray w/ Fruit & Veggies  <i>Alt. Mozz Sticks</i>
9/9	9/10	9/11	9/12	9/13
<b>Toasted Cheese</b> Potato Chips Crisp Baby Carrots w/ Ranch Dip Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>	<b>Crunchy Beef Tacos</b> Cheese, Lettuce, & Salsa Cheesy Refried Beans Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>	<b>Chicken &amp; Waffles</b> Sweet Potato Fries Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>	<b>Chicken Parm Roll</b> Garden Salad Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>	<b>Fried Dough PIZZA</b> w/ Sauce & Cheese It. Green Bean Salad Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>
9/16	9/17	9/18	9/19	9/20
<b>Crispy Chicken Tenders w/ Dip</b> Golden Corn Bread Stick Rainbow Tray w/ Fruit & Veggies  <i>Alt. Meatball Grinder</i>	<b>Mexican Rice Bowl</b> Seasoned Chicken, Black Beans, Salsa Cheese & Brown Rice Rainbow Tray w/ Fruit & Veggies  <i>Alt. Meatball Grinder</i>	<b>Cheese Burger</b> Lettuce & Tomato Baked Beans Potato Chips <b>Happy National Cheeseburger Day!</b>  <i>Alt. Meatball Grinder</i>	<b>BBQ Chicken</b> Cilantro Lime Brown Rice Cowboy Black Beans Rainbow Tray w/ Fruit & Veggies  <i>Alt. Meatball Grinder</i>	<b>Personal PIZZA</b> Cheese or Roni Cucumber Wheels w/ Ranch Dip Rainbow Tray w/ Fruit & Veggies  <i>Alt. Meatball Grinder</i>
9/23	9/24	9/25	9/26	9/27
<b>Chicken Pot Pie w/ Biscuit</b> Steamed Green Bean Rainbow Tray w/ Fruit & Veggies <b>It's Great American Pot Pie Day!</b> <i>Alt. Chicken Patty</i>	<b>Walking Beef Taco</b> Lettuce, Cheese & Salsa Golden Corn Rainbow Tray  <i>Alt. Chicken Patty</i>	<b>Zesty Orange Chicken</b> Steamed Broccoli Seasoned Brown Rice Fortune Cookie Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Patty</i>	<b>Pancakes w/ Syrup</b> Chicken Sausage Hash Browns Rainbow Tray w/ Fruit & Veggies <b>Happy National Pancake Day!</b> <i>Alt. Chicken Patty</i>	<b>Primo PIZZA SLICE</b> Cheese or Roni Garden Salad Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Patty</i>

\*Menu subject to change without notice.

Welcome!

...to the 2019-2020 school year! We hope you all had a great summer!

- ❖ September is National Breakfast Month! Did you know that we offer breakfast at school every day **FREE TO ALL STUDENTS**? Breakfast includes milk, juice, fruit, and choice of breakfast entrée. We offer cold cereal and a hot item choice each day.
- ❖ Breakfast Fuels Learning! Kids and teens can concentrate on their schoolwork better when they are not hungry. Studies show that kids do better in school when they eat breakfast.
- ❖ School breakfast can simplify mornings for families by offering kids and teens healthy options that fit into their schedule.

## 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.



### Daily Breakfast Menu:

Cereal, Cheese Stick or Yogurt, Fruit, 100% Juice & Milk are offered Daily

**Monday:** WG Muffin (Assorted Flavors)

**Tuesday:** Breakfast Burrito

**Wednesday:** French Toast

**Thursday:** Bagel-Egg & Cheese

**Friday:** Assorted Breakfast Pastry

## Lunch



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

### What does a complete hot lunch include?

Grain, meat/meat alternate, vegetable, fruit & milk

Students are encouraged to select all 5 components!



**Lunch choices include:** Fat Free or 1% Regular Milk and fat-free chocolate milk



### Alternate lunches are available daily by request only and include all food group components:

- A nut butter\* & jelly or nut butter & fluff  
On whole wheat bread  
\*(Wowbutter, Peanut Butter)
- Salad with turkey, salad with cheese or salad with turkey & cheese (\*EXCEPT \*Salad Days)

*This is an equal opportunity institution.*

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