

**Hampton Elementary  
School**  
Breakfast & Lunch Menu  
**NOVEMBER 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!!

				11/1 <b>Nat'l Calzone Day</b> Cheese Calzone Marinara Sauce Garden Salad Rainbow Tray w/ Fruit & Veggies <i>Alt. Meatball Grinder</i>
11/4 <b>Walking Beef Taco</b> Lettuce, Cheese & Salsa Cheesy Refried Bean Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>	11/5 	11/6 <b>Zesty Orange Chicken</b> Steamed Broccoli Seasoned Brown Rice Fortune Cookie Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>	11/7 <b>Pancakes w/ Syrup</b> Chicken Sausage Hash Browns Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>	11/8 <b>PRIMO Pizza Slice</b> Cheese or Roni Garden Salad Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>
11/11 	11/12 <b>Chicken Fajita</b> Onions, Peppers & Cheese Flour Tortilla Rainbow Tray w/ Fruit & Veggies <i>Alt. Popcorn Chicken</i>	11/13 <b>Be Kind! Pot Pie</b> Chicken Pot Pie w/ Biscuit, Steamed Green Beans Rainbow Tray w/ Fruits & Veggies <b>World Kindness Day!!</b> <i>Alt. Popcorn Chicken</i>	11/14 <b>Tstd Cheese &amp; Ham</b> Oven Baked Fries & <b>a Nat' Pickle Day</b> Pickle!! Rainbow Tray w/ Fruit & Veggies <i>Alt. Popcorn Chicken</i>	11/15 <b>French Bread PIZZA</b> Cheese or Roni Garden Salad Rainbow Tray w/ Fruit & Veggies <i>Alt. Popcorn Chicken</i>
11/18 <b>Mini Corn Dogs</b> Zesty Green Bean Salad Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>	11/19 <b>Cheese Quesadilla</b> Zesty Tom Salsa Seasoned Red Beans Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>	11/20 <b>French Toast Sticks</b> Chicken Sausage Hash Browns Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>	11/21 <b>Beef-a- Roni!</b> Garlic Knot Garden Salad Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>	11/22 <b>Personal PIZZA</b> Cheese or Roni Baby Carrots & Ranch Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>
11/25 <b>Pop Corn Chicken &amp; Mac n' Cheese</b> Golden Carrots Rainbow Tray w/ Fruit & Veggies <i>Alt. Cheesy Bread</i>	11/26 <b>Give Thanks! Oven Rstd Turkey</b> w/ Gravy, Smashed Potatoes, Corn & Roll Rainbow Tray w/ Fruit & Veggies <i>Alt. Cheesy Bread</i>	11/27 <b>Rodeo Burger</b> BBQ Sauce & Cheddar Onion Ring Baked Beans Rainbow Tray w/ Fruit & Veggies <i>Alt. Cheesy Bread</i>	11/28 	11/29

\*Menu subject to change without notice.

Welcome!

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

- ❖ November 13 is World Kindness Day! Imagine what the world would be like if each person did one kind thing for someone else. Get started making a difference with these 3 simple ideas:
  - Compliment the first three people you talk to.
  - Write a hand-written note to a teacher.
  - Dedicate 24 hours to spreading positivity on social media.

## 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.*