

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

12/2	12/3	12/4	12/5	12/6
Crispy Chicken Tenders w/ Dip Green Beans Bread Stick Rainbow Tray w/ Fruit & Veggies <i>Alt. Meatball Grinder</i>	Cheese Burger Lettuce & Tomato Oven Baked Fries Potato Chips Rainbow Tray w/ Fruit & Veggies <i>Alt. Meatball Grinder</i>	Mexican Rice Bowl Seasoned Chicken, Black Beans, Salsa Cheese & Brown Rice Rainbow Tray w/ Fruit & Veggies National Cookie Day! <i>Alt. Meatball Grinder</i>	Chicken Parm Roll Garden Salad w/ Ranch Dressing Rainbow Tray w/ Fruit & Veggies <i>Alt. Meatball Grinder</i>	Personal PIZZA Cheese or Roni Baby Carrots w/ Ranch Dip Rainbow Tray w/ Fruit & Veggies <i>Alt. Meatball Grinder</i>
12/9	12/10	12/11	12/12	12/13
Tsted Ham & Cheese Potato Chips Crisp Baby Carrots w/ Ranch Dip Rainbow Tray w/ Fruit & Veggies <i>Alt. All Beef Hot Dog</i>	Crunchy Beef Tacos Cheese, Lettuce, & Salsa Cheesy Refried Beans Rainbow Tray w/ Fruit & Veggies <i>Alt. All Beef Hot Dog</i>	Chicken & Waffles Sweet Potato Fries Rainbow Tray w/ Fruit & Veggies <i>Alt. All Beef Hot Dog</i>	BBQ Chicken Cilantro Lime Brown Rice Steamed Broccoli Rainbow Tray w/ Fruit & Veggies <i>Alt. All Beef Hot Dog</i>	Primo PIZZA SLICE Cheese or Roni lt. Green Bean Salad Rainbow Tray w/ Fruit & Veggies <i>Alt. All Beef Hot Dog</i>
12/16	12/17	12/18	12/19	12/20
Shepard's Pie w/ potato crust Golden Carrots Rainbow Tray w/ Fruit & Veggies Chocolate Covered Anything Day! <i>Alt. Popcorn Chicken</i>	Chicken Fajita Onions, Peppers & Cheese Flour Tortilla Rainbow Tray w/ Fruit & Veggies <i>Alt. Popcorn Chicken</i>	Bacon Cheddar Burger Maple Baked Beans Rainbow Tray w/ Fruit & Veggies <i>Alt. Popcorn Chicken</i>	Sloppy Joe Oven Baked Fries Rainbow Tray w/ Fruit & Veggies <i>Alt. Popcorn Chicken</i>	French Bread PIZZA Cheese or Roni Garden Salad Rainbow Tray w/ Fruit & Veggies <i>Alt. Popcorn Chicken</i>
12/23	12/24	12/25	12/26	12/27

Happy Holidays!

12/28

12/29

12/30

12/31



*Menu subject to change without notice.

- ❖ National Special Education Day is December 2 of every year. It marks the anniversary of our nation's first federal special education law, the Individuals With Disabilities Education Act, which President Gerald Ford signed on December 2, 1975.
- ❖ Our team at EASTCONN wishes you peace, joy and prosperity throughout the coming year. Thank you for your continued support, and we look forward to working with you in the years to come. Happy Holidays and warm wishes for 2020!

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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