

**Hampton Elementary  
School**  
Breakfast & Lunch Menu  
**January 2020**

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!!

		1/1 	1/2 <b>Cheese Quesadilla</b> Zesty Tomato Salsa Sweet Steamed Corn Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Patty</i>	1/3 <b>PIZZA PIZZA</b> Cheese or Roni Baby Carrots w/ Ranch Dip Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Patty</i>
1/6 <b>Pop Corn Chicken &amp; Mac n' Cheese</b> Golden Carrots Rainbow Tray w/ Fruit & Veggies  <i>Alt. Cheesy Bread</i>	1/7 <b>Beef &amp; Bean Nachos Topped w/ Cheese</b> Salsa and Sour Cream Golden Corn Rainbow Tray w/ Fruit & Veggies  <i>Alt. Cheesy Bread</i>	1/8 <b>Rodeo Burger</b> BBQ Sauce & Cheddar Onion Ring Baked Beans Rainbow Tray w/ Fruit & Veggies  <i>Alt. Cheesy Bread</i>	1/9 <b>General Tso's</b> Steamed Broccoli Seasoned Brown Rice Fortune Cookie Rainbow Tray w/ Fruit & Veggies  <i>Alt. Cheesy Bread</i>	1/10 <b>French Bread PIZZA</b> Cheese or Roni Cucumber Wheels Rainbow Tray w/ Fruit & Veggies  <i>Alt. Cheesy Bread</i>
1/13 <b>Toasted Cheese</b> Potato Chips Crisp Baby Carrots w/ Ranch Dip Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>	1/14 <b>Crunchy Beef Tacos</b> Cheese, Lettuce, & Salsa Cheesy Refried Beans Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>	1/15 <b>Chicken Parm Roll</b> Garden Salad w/ Dressing Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>	1/16 <b>French Toast</b> Chicken Sausage Hash Browns Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>	1/17 <b>Personal PIZZA</b> w/ Sauce & Cheese It. Green Bean Salad Rainbow Tray w/ Fruit & Veggies  <i>Alt. All Beef Hot Dog</i>
1/20 	1/21 <b>Mexican Rice Bowl</b> Seasoned Chicken, Black Beans, Salsa Cheese & Brown Rice Rainbow Tray w/ Fruit & Veggies  <i>Alt. Meatball Grinder</i>	1/22 <b>Cheese Burger</b> Lettuce & Tomato Cowboy Beans Potato Chips Rainbow Tray w/ Fruit & Veggies  <i>Alt. Meatball Grinder</i>	1/23 <b>BBQ Chicken</b> Cilantro Lime Brown Rice Steamed Broccoli Rainbow Tray w/ Fruit & Veggies  <i>Alt. Meatball Grinder</i>	1/24 <b>Personal PIZZA</b> Cheese or Roni Baby Carrots w/ Ranch Dip Rainbow Tray w/ Fruit & Veggies  <i>Alt. Meatball Grinder</i>
1/27 <b>BBQ Pulled Pork On a Roll</b> Steamed Green Bean Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Patty</i>	1/28 <b>Blueberry Pancakes</b> Chicken Sausage Hash Browns Rainbow Tray w/ Fruit & Veggies <b>National Blueberry Pancake Day!</b> <i>Alt. Chicken Patty</i>	1/29 <b>Zesty Orange Chick</b> Steamed Broccoli Seasoned Brown Rice Fortune Cookie Rainbow Tray w/ Fruit & Veggies  <i>Alt. Chicken Patty</i>	1/30 <b>Walking Beef Taco</b> Lettuce, Cheese & Salsa Corn & Refried Rainbow Tray  <i>Alt. Chicken Patty</i>	1/31 <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.

**Happy New Year!**

- ❖ Give an extra compliment on National Compliment Day which is observed annually on January 24. A compliment has a powerful effect. It can instill confidence in a child, or validate someone's hard work. A compliment not only improves the receiver's mood, but it also says something about the giver. It tells them you noticed. Whether we recognize someone's achievement or their classic style, a compliment can go a long way.

## 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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