

Breakfast and Lunch are currently available to ALL students for FREE

**Hampton Elementary School**  
Breakfast & Lunch Menu  
**DEC 2021**

FRESH FRUITS AND VEGGIES SERVED EVERY DAY!

		12/1 <b>Chicken Teriyaki Rice Bowl</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Pastry	12/2 <b>Turkey &amp; Cheese Sandwich</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cinnamon Roll	12/3 <b>Pizza Day!!</b> <b>Pizza Day!!</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal
12/6 <b>Chicken Tenders w/ Dinner Roll</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal	12/7 <b>Pasta with Meatballs</b> Fresh Fruits & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Chocolate Chip Muffin	12/8 <b>Cheeseburger On a Roll</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Pastry	12/9 <b>Turkey &amp; Cheese Sandwich</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cinnamon Roll	12/10 <b>Pizza Day!!</b> <b>Pizza Day!!</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal
12/13 <b>Grilled Cheese</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal	12/14 <b>BBQ Chicken w/ Rice</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Choc. Chip Muffin	12/15 <b>Turkey, Ham&amp;Cheese On a Croissant</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Pastry	12/16 <b>Sausage Egg &amp; Cheese Bagel</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cinnamon Roll	12/17 <b>Pizza Day!!</b> <b>Pizza Day!!</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal
12/20 <b>Sloppy Joe on a Roll</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal	12/21 <b>Turkey Dinner</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Choc. Chip Muffin	12/22 <b>Pizza Day!!</b> <b>Pizza Day!!</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Pastry	12/23 <b>Turkey &amp; Cheese Sandwich</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cinnamon Roll	12/24 <b>NO SCHOOL</b>
12/27 <b>NO SCHOOL</b>	12/28 <b>NO SCHOOL</b>	12/29 <b>NO SCHOOL</b>	12/30 <b>NO SCHOOL</b>	12/31 <b>NO SCHOOL</b>

\*Menu subject to change without notice. \*\* Grab&Go Meals may vary from printed menu

## Child Nutrition Update

Please be advised that menus are subject to change without notice. However, we will communicate any changes whenever possible. Driver and food and supply shortages are nationwide, and our districts are no exception. We are experiencing shortages, quality, and consistency issues, last-minute replacements, late or delayed deliveries, or no delivery at all. Along with having to contend with an extremely broken supply chain, we are operating with severe staffing constraints in many of our kitchens. Though we are actively hiring, many are brand new to child nutrition and need training, which is difficult when short-staffed.

Though we are all eager to return to pre-covid operations, unfortunately, this is our current reality, making kindness and positivity even more valuable than ever. Please know that we are doing the best we can under the circumstances and remain grateful to provide meals safely to our students every day. Your patience and understanding are greatly appreciated as we continue to navigate our way through these uncertain times.

With appreciation,

*Heather*

## Breakfast



A complete breakfast includes; Whole Grain based Entrée, Milk, Fruit and/or 100% Fruit Juice.



## Lunch

### What does a complete hot lunch include?

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

Students are encouraged to select all 5 components!

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

- A Sunbutter & jelly sandwich  
On whole wheat bread



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



**MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY**

*This is an equal opportunity institution.*

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