

Breakfast and Lunch are currently available to ALL students for FREE

Hampton Elementary School  
Breakfast & Lunch Menu

Fresh Fruits and Veggies served  
Every Day!

## February 2022

1/31	2/1	2/2	2/3	2/4
<p><b>Toasted Cheese Sandwich</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>BBQ Chicken w/ Brown Rice</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>Meatball &amp; Cheese Grinder</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>French Toast w/ Sausage</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>Pizza Day!! Pizza Day!!</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>
2/7	2/8	2/9	2/10	2/11
<p><b>Crispy Chicken Patty On a Roll</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>Cheeseburger On a Roll</b> Fresh Fruits &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>Turkey and Cheese Sandwich</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>Tex Mex Rice Bowl</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>Pizza Day!! Pizza Day!!</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>
2/14	2/15	2/16	2/17	12/18
<p><b>Let's TACO about how awesome you are!</b> Chicken Walking Taco Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>BBQ Chicken Sandwich</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>Shepard's Pie</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>Sausage Egg &amp; Cheese Bagel</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>Pizza Day!! Pizza Day!!</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>
2/21	2/22	2/23	2/24	2/25
<p><b>No School</b></p>	<p><b>No School</b></p>	<p><b>Crispy Chicken Patty on Roll</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>Beef, Bean and Cheese Nachos</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>Pizza Day!! Pizza Day!!</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>
2/28	3/1	3/2	3/3	3/4
<p><b>Toasted Cheese Sandwich</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>BBQ Chicken w/ Brown Rice</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>Meatball and Cheese Grinder</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>French Toast w/ Sausage</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>	<p><b>Pizza Day!! Pizza Day!!</b> Fresh Fruit &amp; Veggies Milk Alt. Sunbutter &amp; Jelly</p>

If your student or any other child in your care is 18 years or younger that is in need of meals due to being out of school please contact [hpLOURDE@eastconn.org](mailto:hpLOURDE@eastconn.org) to arrange meal pick up.

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

# FOOD NEWS!

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 improving but still an issue nationwide, and our districts are no exception. We continue to experience 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.

We are all eager to return to pre-covid operations, and remain optimistic that the spring will provide some normalcy. However, this is our current reality, and kindness and positivity continue to be 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.

**Monday - Assorted Cereal**  
**Tuesday - Chocolate Chip Muffin**  
**Wednesday - Breakfast Pastry**  
**Thursday - Cinnamon Roll**  
**Friday - Assorted Cereal**

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## Lunch

**What does a complete lunch include?**  
Grain, meat/meat alternate, vegetable, fruit & milk  
**Students are encouraged to select all 5 components!**

**Lunch milk 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 Sunbutter & jelly sandwich  
On whole wheat bread

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

*This is an equal opportunity institution.*

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