

Breakfast and Lunch are currently available to ALL students for FREE

Hampton Elementary School
Breakfast & Lunch Menu
March 2022

Fresh Fruits and Veggies served Every Day!

2/28	3/1	3/2	3/3	3/4
Toasted Cheese Sandwich Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	BBQ Chicken w/ Brown Rice Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Meatball & Cheese Grinder Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	French Toast w/ Sausage Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>
3/7	3/8	3/9	3/10	3/11
Crispy Chicken Patty On a Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Cheeseburger On a Roll Fresh Fruits & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Turkey and Cheese Sandwich Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Tex Mex Rice Bowl Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>
3/14	3/15	3/16	3/17	3/18
Cheese Burger On WG Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	BBQ Chicken Sandwich Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Spaghetti & Meat Sauce w/Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	<i>Luck of the Irish</i> Shepherd Pie w/ Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>
3/21	3/22	3/23	3/24	3/25
Sausage, Egg & Cheese On a Bagel Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Beef & Cheese Nachos Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Crispy Chicken Patty on Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Turkey & Cheese Sandwich Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>
3/28	3/29	3/30	3/31	4/1
Toasted Cheese Sandwich Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	BBQ Chicken w/ Brown Rice Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Meatball and Cheese Grinder Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	French Toast w/ Sausage Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>

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 to arrange meal pick up.

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

FOOD NEWS!



National School Breakfast Week (NSBW March 7 - 11) celebrates the importance of a nutritious school breakfast in fueling students for success. This year's theme, "Take Off with School Breakfast," reminds parents and stakeholders that a healthy school breakfast helps ensure students' academic success in school so they can "take off" and reach their goals.

In these uncertain times, busy weekday mornings make it even more of a challenge for many families to find time for a healthy breakfast, so it is a great time to try school breakfast! Schools across the country will find ways to safely celebrate NSBW in 2022 with special menu items, events and fun activities designed for all students—whether they are learning at home or in school. NSBW is the perfect time to bring attention to your current breakfast program and educate parents on the options available.

Studies show that children who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert and maintain a healthy weight

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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