

Breakfast and Lunch are currently  
available to ALL students for FREE

**Hampton Elementary School**  
Breakfast & Lunch Menu  
**June 2022**

**Fresh Fruits and Veggies served  
Every Day!**

5/30  NO SCHOOL	5/31 <b>Cheese Burger on a Roll</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	6/1 <b>French Toast w/ Sausage</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	6/2 <b>FIELD DAY!</b> <b>Hotdog on WG Bun</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly <b>FIELD DAY!</b>	6/3 <b>Pizza Day!!</b> <b>Pizza Day!!</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly
6/6 <b>Crispy Chicken Patty on a Roll</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	6/7 <b>Chef's Choice</b> Fresh Fruits & Veggies Milk Alt. Sunbutter & Jelly	6/8 <b>Chef's Choice</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	6/9 <b>Chef's Choice</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	6/10 <b>Pizza Day!!</b> <b>Pizza Day!!</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly <b>HES</b>



SANDWICHES • VEGETABLES • FRUITS • MILK

# FREE SUMMER MEALS

**KIDS and TEENS 18 and Under**

For sites near you visit:  
**www.CTSummerMeals.org**  
CALL **211**  
TEXT CTMEALS TO **877877**

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.  
Right Image courtesy of No Kid Hungry.

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!

The ACTION Line is available for individuals 18 years of age or older who are experiencing emotional distress or a mental health and/or substance use/addiction crises.



**1-800-467-3135**

The ACTION line is a centralized phone number answered by 2-1-1 staff trained to offer an array of supports and options to individuals in distress, including: telephonic support, referrals and information about community resources and services; warm-transfer to the Mobile Crisis Team (MCT) of their area; and when necessary, direct connection to 911.

*Juneteenth is a holiday commemorating the end of slavery in the United States. It is also called Emancipation Day or Juneteenth Independence Day. The name "Juneteenth" references the date of the holiday, combining the words "June" and "nineteenth."*



## Breakfast



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



## 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

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

\*Menu is subject to change without notice.

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

A Sunbutter & jelly sandwich  
On whole wheat bread

*This is an equal opportunity institution.*

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