

Breakfast and Lunch are currently available to ALL students for FREE

Hampton
Breakfast & Lunch Menu
Aug/Sept 2022

Fresh Fruits and Veggies served Every Day!

<p>Daily Alternates</p> <p>Weekly Hot Alt PB or SB & Jelly Sands</p>		<p style="text-align: right;">8/24</p> <p>Cheese Burger Baby Carrots w/ Ranch Dip Fruit & Milk</p> <p><i>Alt. Sunbutter & Jelly</i></p>	<p style="text-align: right;">8/25</p> <p>Crispy Chicken Patty on a Roll Oven Baked Fries Fruit & Milk</p> <p><i>Alt. Sunbutter & Jelly</i></p>	<p style="text-align: right;">8/26</p> <p>Pizza Day!! Pizza Day!! Garden Salad Fruit & Milk</p> <p><i>Alt. Sunbutter & Jelly</i></p>
<p style="text-align: right;">8/29</p> <p>Cheesy Pull Aparts w/ Marinara Dip Garden Salad Fruit & Milk</p> <p><i>Alt. Chicken Patty</i></p>	<p style="text-align: right;">8/30</p> <p>Cheese Burger w/ Lettuce & Tomato Baked Beans Fruit & Milk</p> <p><i>Alt. Chicken Patty</i></p>	<p style="text-align: right;">8/31</p> <p>Brunch For Lunch French Toast, Sausage & Hash Browns Fruit & Milk</p> <p><i>Alt. Chicken Patty</i></p>	<p style="text-align: right;">9/1</p> <p>Macaroni & Cheese Texas Toast & Steamed Carrots Fruit & Milk</p> <p><i>Alt. Chicken Patty</i></p>	<p style="text-align: right;">9/2</p> <p>Pizza Day!! Pizza Day!! Zesty Broccoli Salad Fruit & Milk</p> <p><i>Alt. Chicken Patty</i></p>
<p style="text-align: right;">9/5</p> <p>No School</p> <p>Labor Day</p>	<p style="text-align: right;">9/6</p> <p>BBQ Chicken Flatbread w/ Steamed Broccoli Fruit & Milk</p> <p><i>Alt. Cheese Burger</i></p>	<p style="text-align: right;">9/7</p> <p>Sausage, Egg & Cheese Bagel Sweet Potato Fries Fruit & Milk</p> <p><i>Alt. Cheese Burger</i></p>	<p style="text-align: right;">9/8</p> <p>Beef & Cheese Nachos w/ Salsa Refried Beans Fruit & Milk</p> <p><i>Alt. Cheese Burger</i></p>	<p style="text-align: right;">9/9</p> <p>Pizza Pizza!! Tomato Cucumber Salad Fruit & Milk</p> <p><i>Alt. Cheese Burger</i></p>
<p style="text-align: right;">9/12</p> <p>Cheese Ravioli w/ Meat Sauce, Garlic Bread & Green Beans Fruit & Milk</p> <p><i>Alt. Gr. Turkey & Cheese</i></p>	<p style="text-align: right;">9/13</p> <p>Chicken Teriyaki Rice Bowl w/ Black Beans Fruit & Milk</p> <p><i>Alt. Gr. Turkey & Cheese</i></p>	<p style="text-align: right;">9/14</p> <p>Brunch For Lunch French Toast, Sausage & Hash Browns Fruit & Milk</p> <p><i>Alt. Gr. Turkey & Cheese</i></p>	<p style="text-align: right;">9/15</p> <p>Crispy Chicken Patty on a Roll w/ Baked Beans Fruit & Milk</p> <p><i>Alt. Gr. Turkey & Cheese</i></p>	<p style="text-align: right;">9/16</p> <p>Pizza Day!! Pizza Day!! Garden Salad Fruit & Milk</p> <p><i>Alt. Gr. Turkey & Cheese</i></p>
<p style="text-align: right;">9/19</p> <p>Rainbow Rice Bowl w/ Chicken Steamed Broccoli Fruit & Milk</p> <p><i>Alt. BBQ Rib Sandwich</i></p>	<p style="text-align: right;">9/20</p> <p>Macaroni & Cheese Dinner Roll & Steamed Carrots Fruit & Milk</p> <p><i>Alt. BBQ Rib Sandwich</i></p>	<p style="text-align: right;">9/21</p> <p>Popcorn Chicken & Waffles Oven Baked Fries Fruit & Milk</p> <p><i>Alt. BBQ Rib Sandwich</i></p>	<p style="text-align: right;">9/22</p> <p>Beef & Cheese Taco Salad Zesty Black Beans Fruit & Milk</p> <p><i>Alt. BBQ Rib Sandwich</i></p>	<p style="text-align: right;">9/23</p> <p>Pizza Day!! Pizza Day!! Garden Salad Fruit & Milk</p> <p><i>Alt. BBQ Rib Sandwich</i></p>
<p style="text-align: right;">9/26</p> <p>Pasta & Meatballs Texas Toast & Steamed Green Beans Fruit & Milk</p> <p><i>Alt. Chicken Patty</i></p>	<p style="text-align: right;">9/27</p> <p>Sloppy Sloppy Joe on a Roll Steamed Carrots Fruit & Milk</p> <p><i>Alt. Chicken Patty</i></p>	<p style="text-align: right;">9/28</p> <p>Brunch For Lunch French Toast, Sausage & Hash Browns Fruit & Milk</p> <p><i>Alt. Chicken Patty</i></p>	<p style="text-align: right;">9/29</p> <p>Chicken & Smashed Potato Bowl Sweet Corn Niblets Fruit & Milk</p> <p><i>Alt. Chicken Patty</i></p>	<p style="text-align: right;">9/30</p> <p>Pizza Day!! Pizza Day!! Garden Salad Fruit & Milk</p> <p><i>Alt. Chicken Patty</i></p>

*Menu subject to change without notice. *



EASTCONN

FOOD NEWS!

WELCOME BACK TO SCHOOL

Breakfast

Weeks 1, 3, & 5

Monday - Apple Roll

Tuesday - Waffles

Wednesday - French Toast

Thursday - Fruit & Yogurt Parfait

Friday - Apple Cinnamon Muffin



Weeks 2, 4, & 6

Monday - Cinnamon Roll

Tuesday - Egg & Cheese Croissant

Wednesday - Pancakes

Thursday - Bagel w/cream cheese

Friday - Chocolate Chip Muffin

Cereal Available Everyday



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

This is an equal opportunity employer.

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