

Breakfast and Lunch are currently available to ALL students for FREE

# Hampton

## Breakfast & Lunch Menu

### October 2022

Fresh Fruits, Veggies and Milk  
served daily!

10/3	10/4	10/5	10/6	10/7
<b>Cheese Quesadilla</b> <b>Zesty Salsa</b> <b>Refried Beans</b> <i>Alt. Cheese Burger</i>  Apple Roll	<b>Pineapple Teriyaki</b> <b>Meatballs w/ Rice</b> <b>Steamed Carrots</b> <i>Alt. Cheese Burger</i>  Waffles	<b>Mini Corn Dogs</b> <b>Green Beans</b> <i>Alt. Cheese Burger</i>  Pumpkin Bread	<b>Chix Penne Alfredo</b> <b>Texas Toast &amp; Steamed Broccoli</b> <i>Alt. Cheese Burger</i>  Fruit & Yogurt Parf	NO SCHOOL
10/10	10/11	10/12	10/13	10/14
NO SCHOOL	<b>BBQ Chicken Flatbread</b> <b>w/ Steamed Broccoli</b> <i>Alt. Chicken Patty</i>  Egg & Chs Croissant	<b>Sausage, Egg &amp; Cheese Bagel</b> <b>Sweet Potato Fries</b> <i>Alt. Chicken Patty</i>  French Toast	<b>Beef &amp; Cheese Nachos w/ Salsa</b> <b>Refried Beans</b> <i>Alt. Chicken Patty</i>  Bagel w/ Crm Chs.	<b>Pizza Pizza!!</b> <b>Tomato Cucumber Salad</b> <i>Alt. Chicken Patty</i>  Choc. Chip Muffin
10/17	10/18	10/19	10/20	10/21
<b>Cheese Ravioli w/ Meat Sauce, Garlic Bread &amp; Green Beans</b> <i>Alt. Gr. Turkey &amp; Ch</i>  Apple Roll	<b>Chicken Teriyaki Rice Bowl w/ Broccoli</b> <i>Alt. Gr. Turkey &amp; Ch</i>  Waffles	<b>Brunch For Lunch</b> <b>French Toast, Sausage &amp; Hash Browns</b> <i>Alt. Gr. Turkey &amp; Ch</i>  Pumpkin Bread	<b>BBQ Rib on a Roll w/ Baked Beans</b> <i>Alt. Gr. Turkey &amp; Ch</i>  Fruit & Yogurt Parf	<b>Pizza Day!!</b> <b>Pizza Day!!</b> <b>Garden Salad</b> <i>Alt. Gr. Turkey &amp; Ch</i>  Apple Cinn Muffin
10/24	10/25	10/26	10/27	10/28
<b>Rainbow Rice Bowl w/ Chicken</b> <b>Steamed Broccoli</b> <i>Alt. Cheese Burger</i>  Cinnamon Roll	<b>Macaroni &amp; Cheese Dinner Roll &amp; Steamed Carrots</b> <i>Alt. Cheese Burger</i>  Egg & Chs Croissant	<b>Popcorn Chicken &amp; Waffles</b> <b>Oven Baked Fries</b> <i>Alt. Cheese Burger</i>  French Toast	<b>Beef &amp; Cheese Taco Salad</b> <b>Zesty Black Beans</b> <i>Alt. Cheese Burger</i>  Bagel w/ Crm Chs.	<b>Pizza Day!!</b> <b>Pizza Day!!</b> <b>Garden Salad</b> <i>Alt. Cheese Burger</i>  Choc Chip Muffin
10/31				
<b>Pasta &amp; Meatballs</b> <b>Texas Toast &amp; Steamed Green Beans</b> <i>Alt. Chicken Patty</i>  Apple Roll	<b>Sloppy Sloppy Joe on a Roll</b> <b>Steamed Carrots</b> <i>Alt. Chicken Patty</i>  Waffles	<b>Brunch For Lunch</b> <b>French Toast, Sausage &amp; Hash Browns</b> <i>Alt. Chicken Patty</i>  Pumpkin Bread	<b>Chicken &amp; Smashed Potato Bowl</b> <b>Sweet Corn Niblets</b> <i>Alt. Chicken Patty</i>  Fruit & Yogurt Parf	<b>Pizza Day!!</b> <b>Pizza Day!!</b> <b>Garden Salad</b> <i>Alt. Chicken Patty</i>  Apple Cinn Muffin

\*Menu subject to change without notice. \*

# Breakfast

Alternate Cereal Breakfast

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



Alternate Cereal Breakfast  
Available Everyday

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

Yogurt Fun Lunch w/  
A Sunbutter & jelly sandwich  
On whole wheat bread

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

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

*This is an equal opportunity institution.*

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