

Breakfast and Lunch are currently available to ALL students for FREE

Hampton Elementary School
Breakfast & Lunch Menu
November 2022

Fresh Fruits, Veggies and Milk served daily!

<p>10/31</p> <p>Pasta & Meatballs Texas Toast & Steamed Green Beans <i>Alt. Chicken Patty</i></p> <p>Apple Roll</p>	<p>11/1</p> <p>Sloppy Sloppy Joe on a Roll Steamed Carrots <i>Alt. Chicken Patty</i></p> <p>Waffles</p>	<p>11/2</p> <p>Brunch For Lunch French Toast, Sausage & Hash Browns <i>Alt. Chicken Patty</i></p> <p>Pumpkin Bread</p>	<p>11/3</p> <p>Chicken & Smashed Potato Bowl Golden Corn <i>Alt. Chicken Patty</i></p> <p>Fruit & Yogurt Parf</p>	<p>11/4</p> <p>Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Chicken Patty</i></p> <p>Apple Cinn Muffin</p>
<p>11/7</p> <p>Cheese Quesadilla Zesty Salsa & Sour Cream Refried Beans <i>Alt. Grilled Cheese</i></p> <p>Apple Roll</p>	<p>11/8</p> <p>BBQ Chicken Flatbread w/ Steamed Broccoli <i>Alt. Grilled Cheese</i></p> <p>Egg & Chs Croissant</p>	<p>11/9</p> <p>Sausage, Egg & Cheese Bagel Sweet Potato Fries <i>Alt. Grilled Cheese</i></p> <p>French Toast</p>	<p>11/10</p> <p>Turkey Feast!! Mashed Potatoes, Gravy, Corn & Roll Cranberry Jelly <i>Alt. Grilled Cheese</i></p> <p>Bagel w/ Crm Chs.</p>	<p>11/11</p> <p>NO SCHOOL</p>
<p>11/14</p> <p>Cheese Ravioli w/ Meatballs Marinara Garlic Bread & Green Beans <i>Alt. Cheese Burger</i></p> <p>Apple Roll</p>	<p>11/15</p> <p>Tangy Chicken Teriyaki Rice Bowl w/ Broccoli <i>Alt. Cheese Burger</i></p> <p>Waffles</p>	<p>11/16</p> <p>Brunch For Lunch French Toast, Egg or Sausage Patty & Hash Browns <i>Alt. Cheese Burger</i></p> <p>Pumpkin Bread</p>	<p>11/17</p> <p>BBQ Rib on a Roll w/ Baked Beans <i>Alt. Cheese Burger</i></p> <p>Fruit & Yogurt Parf</p>	<p>11/18</p> <p>Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Cheese Burger</i></p> <p>Apple Cinn Muffin</p>
<p>11/21</p> <p>Popcorn Chicken & Waffles Oven Baked Fries <i>Alt. Chicken Patty</i></p> <p>Cinnamon Roll</p>	<p>11/22</p> <p>Macaroni & Cheese Dinner Roll Steamed Carrots <i>Alt. Chicken Patty</i></p> <p>Egg & Cheese Croissant</p>	<p>11/23</p> <p>Pizza Day!! Pizza Day!! Zesty Broccoli Salad <i>Alt. Chicken Patty</i></p> <p>French Toast</p>	<p>11/24</p> <p></p>	<p>11/25</p> <p></p>
<p>11/28</p> <p>Sloppy Sloppy Joe on a Roll Baby Carrots with Ranch <i>Alt. Grilled Cheese</i></p> <p>Apple Roll</p>	<p>11/29</p> <p>Pineapple Teriyaki Meatballs w/ Brown Rice and Broccoli <i>Alt. Grilled Cheese</i></p> <p>Waffles</p>	<p>11/30</p> <p>Brunch For Lunch Pancakes, Sausage & Hash Browns <i>Alt. Grilled Cheese</i></p> <p>Pumpkin Bread</p>	<p>12/1</p> <p>Chicken & Smashed Potato Bowl Sweet Corn Niblets <i>Alt. Grilled Cheese</i></p> <p>Fruit & Yogurt Parf</p>	<p>12/2</p> <p>Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Grilled Cheese</i></p> <p>Apple Cinn Muffin</p>

*Menu subject to change without notice. *

Breakfast



Lunch



**Alternate Cereal Breakfast
Available Everyday**

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

**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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