

Breakfast and Lunch are currently available to ALL students for FREE

Hampton Elementary School
Breakfast & Lunch Menu
December 2022

Fresh Fruits, Veggies and Milk served daily!

11/28 Sloppy Sloppy Joe on a Roll Baby Carrots with Ranch <i>Alt. Grilled Cheese</i> Apple Roll	11/29 Pineapple Teriyaki Meatballs w/ Brown Rice and Broccoli <i>Alt. Grilled Cheese</i> Waffles	11/30 Brunch For Lunch Pancakes, Sausage & Hash Browns <i>Alt. Grilled Cheese</i> Pumpkin Bread	12/1 Chicken & Smashed Potato Bowl Sweet Corn Niblets <i>Alt. Grilled Cheese</i> Fruit & Yogurt Parf	12/2 Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Grilled Cheese</i> Apple Cinn Muffin
12/5 Cheese Ravioli w/ Meatballs Marinara Garlic Bread & Green Beans <i>Alt. Cheese Burger</i> Cinnamon Roll	12/6 Tangy Sweet & Sour Chicken Rice Bowl w/ Broccoli <i>Alt. Cheese Burger</i> Egg & Chs Croissant	12/7 Brunch For Lunch French Toast, Egg or Sausage Patty & Hash Browns <i>Alt. Cheese Burger</i> Pancakes	12/8 BBQ Rib on a Roll w/ Baked Beans <i>Alt. Cheese Burger</i> Bagel w/ Crm Chs	12/9 Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Cheese Burger</i> Choc Chip Muffin
12/12 Macaroni & Cheese w/ Dinner Roll Steamed Carrots <i>Alt. Chicken Patty</i> Apple Roll	12/13 Beef & Cheese Nachos Golden Corn <i>Alt. Chicken Patty</i> Waffles	12/14 Popcorn Chicken and Waffles Oven Baked Fries <i>Alt. Chicken Patty</i> Pumpkin Bread	12/15 Cheeseburger w/ Lettuce & Tomato Baked Beans <i>Alt. Chicken Patty</i> Fruit & Yogurt Parf	12/16 Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Chicken Patty</i> Apple Cinn Muffin
12/19 Cheesy Pull Apart w/ Marinara Dip Cucumber Wheels <i>Alt. Grilled Cheese</i> Cinnamon Roll	12/20 Holiday Turkey Feast Mashed Potatoes, Gravy, Corn & Roll <i>Alt. Grilled Cheese</i> Egg & Chs Croissant	12/21 Brunch for Lunch Sausage Egg & Cheese Bagel Hash Browns <i>Alt. Grilled Cheese</i> Pancakes	12/22 Pizza Day!! Pizza Day!! Baby Carrot w/Ranch <i>Alt. Grilled Cheese</i> Bagel w/ Crm Cheese	12/23 Cheese Quesadilla Salsa and Zesty Black Beans <i>Alt. Grilled Cheese</i> Apple Cinn Muffin
12/26 No School	12/27 Winter Break	12/28 No School	12/29 Winter Break	12/30 No School

*Menu subject to change without notice. *



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



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

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