

Breakfast and Lunch are currently available to ALL students for FREE

**Hampton Elementary School**  
Breakfast & Lunch Menu  
**April 2023**

**Fresh Fruits, Veggies and Milk served daily!**

3/27	3/28	3/29	3/30	3/31
<b>Cheese Quesadilla</b> <b>Salsa and Sour Cream</b> <b>Zesty Black Beans</b>  <i>Alt. Grilled Cheese</i> Apple Roll	<b>Chicken and Broccoli</b> <b>Alfredo</b> <b>Garlic Texas Toast</b>  <i>Alt. Grilled Cheese</i> Waffles	<b>Crispy Chicken Patty</b> <b>Pancake Sandwich w/</b> <b>SP Fries &amp; Syrup</b>  <i>Alt. Grilled Cheese</i> Pumpkin Bread	<b>Chef's Choice!!</b>  <i>Alt. Grilled Cheese</i> Yogurt w/ Grahams	<b>Pizza Day!!</b> <b>Pizza Day!!</b> <b>Garden Salad w/</b> <b>Dressing</b>  <i>Alt. Grilled Cheese</i> Apple Cinn. Muffin
4/3	4/4	4/5	4/6	4/7
<b>Chef's Choice!!</b>  <i>Alt. Chicken Patty</i>  Cinnamon Roll	<b>Tangy Sweet &amp; Sour</b> <b>Chicken</b> <b>Rice Bowl</b> <b>w/ Broccoli</b>  <i>Alt. Chicken Patty</i>  Egg & Chs Croissant	<b>Brunch For Lunch</b> <b>French Toast,</b> <b>Egg or Sausage Patty</b> <b>&amp; Hash Browns</b>  <i>Alt. Chicken Patty</i>  Pancakes	<b>Pizza Day!!</b> <b>Pizza Day!!</b> <b>w/ Baby Carrots and</b> <b>Ranch</b>  <i>Alt. Chicken Patty</i>  Bagel w/ Crm Chs	<b>NO SCHOOL</b>
4/10	4/11	4/12	4/13	4/14
				
4/17	4/18	4/19	4/20	4/21
<b>Cheesy Pull-Apart</b> <b>w/ marinara Dip</b> <b>Baby Carrots</b> <b>&amp; Ranch</b> <i>Alt Hamburger</i>  Cinnamon Roll	<b>Popcorn Chicken w/</b> <b>Waffles - Sweet</b> <b>Potato Fries &amp; Syrup</b> <i>Alt. Hamburger</i>  Egg & Chs Croissant	<b>Brunch for Lunch</b> <b>Saus Egg &amp; Cheese</b> <b>Bagel</b> <b>Hash Browns</b> <i>Alt. Hamburger</i> Pancakes	<b>Beef Taco Soup</b> <b>topped w/ Cheese</b> <b>Tortilla Chips</b> <i>Alt. Hamburger</i>  CHEF'S CHOICE	<b>PIZZA PIZZA</b> <b>Baby Carrots &amp;</b> <b>Cucumber Slices</b> <i>Alt. Hamburger</i>  Choc Chip Muffin
4/24	4/25	4/26	4/27	4/28
<b>BBQ Chicken Flatbread</b> <b>Cajun Black Bean and</b> <b>Golden</b> <b>Corn Salad</b>  <i>Alt. Grilled Cheese</i>  Apple Roll	<b>Teriyaki Meatballs</b> <b>over Brown Rice</b> <b>Steamed</b> <b>Broccoli</b>  <i>Alt. Grilled Cheese</i>  Waffles	<b>National Pretzel Day!</b> <b>Cheese Burger</b> <b>On a Soft Pretzel Roll</b> <b>Served with Oven</b> <b>Baked Fries</b>  <i>Alt. Grilled Cheese</i>  Pumpkin Bread	<b>Chef's Choice!!</b>  <i>Alt. Grilled Cheese</i> Yogurt w/ Grahams	<b>Pizza Day!!</b> <b>Pizza Day!!</b> <b>Garden Salad w/</b> <b>Dressing</b>  <i>Alt. Grilled Cheese</i> Apple Cinn. Muffin

\*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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