

Breakfast and Lunch are currently available to ALL students for FREE

Hampton Elementary School
Breakfast & Lunch Menu
May 2023

Fresh Fruits, Veggies and Milk served daily!

<p style="text-align: right;">5/1</p> <p>Cheese Quesadilla Salsa and Sour Cream Zesty Black Beans</p> <p><i>Alt. Chicken Patty Cinnamon Roll</i></p>	<p style="text-align: right;">5/2</p> <p>Chef's Choice</p>  <p><i>Alt. Chicken Patty Egg & Chs Croissant</i></p>	<p style="text-align: right;">5/3</p> <p>Popcorn Chicken and Waffles Sweet Potato Fries</p> <p><i>Alt. Chicken Patty Pancakes</i></p>	<p style="text-align: right;">5/4</p> <p>National Hoagie Day! Open Face Meatball & Cheese Grinder</p> <p><i>Alt. Chicken Patty Bagel w/ Crm Chs</i></p>	<p style="text-align: right;">5/5</p> <p>Pizza Day!! Pizza Day!! Garden Salad w/ Dressing</p> <p><i>Alt. Chicken Patty Choc Chip Muffin</i></p>
<p style="text-align: right;">5/8</p> <p>Cheese Ravioli w/ Meatballs Marinara Garlic Bread & Green Beans</p> <p><i>Alt. Hamburger</i></p> <p>Apple Roll</p>	<p style="text-align: right;">5/9</p> <p>Tangy Sweet & Sour Chicken Rice Bowl w/ Broccoli</p> <p><i>Alt. Hamburger</i></p> <p>Waffles</p>	<p style="text-align: right;">5/10</p> <p>Brunch For Lunch French Toast, Egg or Sausage Patty & Hash Browns</p> <p><i>Alt. Hamburger</i></p> <p>Pumpkin Bread</p>	<p style="text-align: right;">5/11</p> <p>Chef's Choice!!</p>  <p><i>Alt. Hamburger</i></p> <p>Yogurt w/ Grahams</p>	<p style="text-align: right;">5/12</p> <p>PIZZA PIZZA Baby Carrots & Cucumber Slices</p> <p><i>Alt. Hamburger</i></p> <p>Apple Cinn. Muffin</p>
<p style="text-align: right;">5/15</p> <p>Cheesy Pull- a-Part w/ Marinara Dip Broccoli Choc. Chip Cookie</p> <p><i>It's Natl Chocolate Chip Day! Alt. Grilled Cheese</i></p> <p>Cinnamon Roll</p>	<p style="text-align: right;">5/16</p> <p>Chef's Choice!!</p>  <p><i>Alt. Grilled Cheese Egg & Chs Croissant</i></p>	<p style="text-align: right;">5/17</p> <p>Crispy Chicken Patty Pancake Sandwich w/ Sweet Potato Fries & Syrup</p> <p><i>Alt. Grilled Cheese Pancakes</i></p>	<p style="text-align: right;">5/18</p> <p>Beef & Cheese Nachos w/ Salsa Zesty Refried Beans topped w/ Cheese</p> <p><i>Alt. Grilled Cheese Bagel w/ Crm Chs</i></p>	<p style="text-align: right;">5/19</p> <p>Pizza Day!! Pizza Day!! Garden Salad w/ Dressing</p> <p><i>Alt. Grilled Cheese Choc Chip Muffin</i></p>
<p style="text-align: right;">5/22</p> <p>BBQ Chicken Flatbread w/ Baked Beans</p> <p><i>Alt Chicken Patty Apple Roll</i></p>	<p style="text-align: right;">5/23</p> <p>Cheesy Popcorn Chicken & Smashed Potato Bowl w/ Sweet Corn</p> <p><i>Alt. Chicken Patty Waffles</i></p>	<p style="text-align: right;">5/24</p> <p>Brunch for Lunch Sausage Egg & Cheese Bagel Hash Browns</p> <p><i>Alt. Chicken Patty Pumpkin Bread</i></p>	<p style="text-align: right;">5/25</p> <p>Chef's Choice!!</p>  <p><i>Alt. Chicken Patty Yogurt w/ Grahams</i></p>	<p style="text-align: right;">5/26</p> <p>PIZZA PIZZA Baby Carrots & Cucumber Slices</p> <p><i>Alt. Chicken Patty Apple Cinn Muffin</i></p>
<p style="text-align: right;">5/29</p> <p>NO SCHOOL</p>	<p style="text-align: right;">5/30</p> <p>Chef's Choice!!</p>  <p><i>Alt. Grilled Cheese Egg & Chs Croissant</i></p>	<p style="text-align: right;">5/31</p> <p>Brunch For Lunch Breakfast Tacos! Egg & Cheese</p> <p><i>Alt. Grilled Cheese Pancakes</i></p>	<p style="text-align: right;">6/1</p> <p>Chicken and Broccoli Alfredo Garlic Texas Toast</p> <p><i>Alt. Grilled Cheese Bagel w/ Crm Chs</i></p>	<p style="text-align: right;">6/2</p> <p>Pizza Day!! Pizza Day!! Garden Salad w/ Dressing</p> <p><i>Alt. Grilled Cheese Choc Chip Muffin</i></p>

*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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