

**Breakfast: FREE to ALL Students**  
**Lunch: FREE to ALL Students**

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

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

Adult Lunch: \$5.00

Weekly Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Sunbutter &amp; Jelly</i>					<sup>9/1</sup> <b>Personal Cheese Pizza</b> Garden Salad
<i>Grilled Cheese Yogurt Fun Lunch Sunbutter &amp; Jelly</i>	<sup>9/4</sup> <b>NO SCHOOL</b>	<sup>9/5</sup> <b>All Beef Hot Dog</b> on Whole Grain Bun Baked Beans	<sup>9/6</sup> <b>Chicken Patty (Spicy or Plain)</b> w/ Lettuce & Mayo Sweet Potato Fries	<sup>9/7</sup> <b>Crispy Chicken Cutlet</b> over Buttery Egg Noodles Green Beans	<sup>9/8</sup> <b>Personal Cheese Pizza</b> Garden Salad
<i>Meatball &amp; Cheese Wrap Yogurt Fun Lunch Sunbutter &amp; Jelly</i>	<sup>9/11</sup> <b>Lasagna Roll Up</b> Garlic Texas Toast Garden Salad	<sup>9/12</sup> <b>Rodeo Burger</b> BBQ & Onion Ring Topper Crispy Oven Fries	<sup>9/13</sup> <b>Soft Chicken Taco</b> Golden Corn Refried Beans	<sup>9/14</sup> <b>BBQ Chicken</b> Brown Rice Steamed Carrots	<sup>9/15</sup> <b>Personal Cheese Pizza</b> Cucumber Wheel Salad
<i>Hamburger Yogurt Fun Lunch Sunbutter &amp; Jelly</i>	<sup>9/18</sup> <b>Cheese Quesadilla</b> Brown Rice Refried Beans	<sup>9/19</sup> <b>Chicken Bacon Ranch Wrap</b> Sweet Potato Fries	<sup>9/20</sup> <b>Meatball Stroganoff</b> over Egg Noodles Green Peas	<sup>9/21</sup> <b>Sweet &amp; Sour Chicken</b> over Rice Steamed Broccoli	<sup>9/22</sup> <b>Personal Cheese Pizza</b> Zesty Green Bean Salad
<i>Bosco Sticks Yogurt Fun Lunch Sunbutter &amp; Jelly</i>	<sup>9/25</sup> <b>Pasta w/ Marinara Sauce</b> topped w/ Cheese Roasted Broccoli	<sup>9/26</sup> <b>French Toast</b> Egg or Sausage Crispy Hash Browns	<sup>9/27</sup> <b>BBQ Chicken Flatbread</b> Cowboy Baked Beans	<sup>9/28</sup> <b>Beef - a - Roni</b>  Garden Salad	<sup>9/29</sup> <b>Personal Cheese Pizza</b> Steamed Carrots

# Welcome Back!!

Great news for you and your children! All students fed by EASTCONN Food Services can get a free healthy breakfast and lunch at school during the school year.

What do you have to do?

- You do not need to do anything.
- You do not have to pay any money or fill out any forms.
- You do not need to send your child to school early for breakfast. Breakfast will be part of the school day.

Our school is getting free meals for all students as part of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) through a choice for schools called the Community Eligibility Provision (CEP).

If you have any questions, please email [eastconnfoodservice@eastconn.org](mailto:eastconnfoodservice@eastconn.org).

**Breakfast comes with fruit and milk. Cereal is available everyday!!**

8/28 Mini Straw Bagel Bites	8/29 Confetti Pancakes	8/30 Crumb Cake	8/31 Glazed Doughnut	9/1 Choc Chip Muffin
9/4 No School	9/5 Mini French Toast	9/6 Cinnamon Roll	9/7 Mini Waffles	9/8 Apple Strudel
9/11 Mini Straw Bagel Bites	9/12 Confetti Pancakes	9/13 Crumb Cake	9/14 Glazed Doughnuts	9/15 Choc Chip Muffins
9/18 Breakfast Bar	9/19 Mini French Toast	9/20 Cinnamon Roll	9/21 Mini Waffles	9/22 Apple Strudel
9/25 Mini Straw Bagel Bites	9/26 Confetti Pancakes	9/27 Crumb Cake	9/28 Glazed Doughnuts	9/29 Choc Chip Muffins