

Breakfast: FREE to ALL Students
Lunch: FREE to ALL Students
 Adult Lunch: \$5.00

Hampton Elementary School
Breakfast & Lunch Menu
November 2023

Fresh Fruits, Veggies
& Milk
served daily!

Weekly Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Hamburger</i> <i>Yogurt Fun Lunch</i> <i>Sunbutter & Jelly</i>			11/1 Meatball Stroganoff over Egg Noodles Green Peas	11/2 Sweet & Sour Chicken over Rice Steamed Broccoli	11/3 Personal Cheese Pizza Zesty Green Bean Salad
<i>Bosco Stix</i> <i>Yogurt Fun Lunch</i> <i>Sunbutter & Jelly</i>	11/6 Spaghetti w/ Marinara Texas Toast Green Beans	11/7 French Toast Egg or Sausage Hash Brown	11/8 BBQ Chicken Flatbread Cowboy Baked Beans	11/9 Personal Cheese Pizza Steamed Carrots	11/10 NO SCHOOL VETERAN'S DAY
<i>Riblet Sandwich</i> <i>Yogurt Fun Lunch</i> <i>Sunbutter & Jelly</i>	11/13 Mozzarella Sticks Marinara Roasted Broccoli	11/14 Hearty Beef Chili Cinnamon Roll Green Beans	11/15 Chicken Ramen Roasted Carrots	11/16 Cheesy Chicken & Corn Mashed Potato Bowl w/ Gravy	11/17 Personal Cheese Pizza Zesty Black Bean Salad
<i>All Beef Hotdog</i> <i>Yogurt Fun Lunch</i> <i>Sunbutter & Jelly</i>	11/20 Creamy Mac & Cheese Garlic Texas Toast Garden Salad	11/21 Turkey Feast! Mashed Potatoes, Gravy, Corn & Dinner Roll	11/22 Beef & Cheese Walking Taco Zesty Black Beans	11/23 NO SCHOOL HAPPY THANKSGIVING	11/24 NO SCHOOL
<i>Grilled Cheese</i> <i>Yogurt Fun Lunch</i> <i>Sunbutter & Jelly</i>	11/27 Egg & Cheese Breakfast Taco Hash Brown	11/28 Spicy or Plain Chicken Patty Lettuce & Mayo Sweet Potato Fries	11/29 All Beef Hotdog On WG Bun Baked Beans	11/30 Crispy Chicken Cutlet over Buttery Egg Noodles Green Beans	12/1 Personal Cheese Pizza Garden Salad

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Balanced nutrition throughout the day contributes to student success in and out of the classroom. New research shows children are getting their healthiest meals at school. Studies have demonstrated that school meal programs play an important role in supporting obesity prevention, overall student health and academic achievement by improving children's diets and combatting hunger.

*ALL Breakfast items are 100% whole grain and meet the USDA meal pattern requirements.
 Each breakfast is served with fruit and milk.*

		Crumb Cake 11/1	Glazed Doughnut 11/2	Choc Chip Muffin 11/3
Breakfast Bar 11/6	Mini French Toast 11/7	Cinnamon Roll 11/8	Mini Waffles 11/9	No School 11/10
Mini Straw Bagel Bites 11/13	Confetti Pancakes 11/14	Crumb Cake 11/15	Glazed Doughnuts 11/16	Choc Chip Muffins 11/17
Breakfast Bar 11/20	Mini French Toast 11/21	Cinnamon Roll 11/22	No School 11/23	No School 11/24
Mini Straw Bagel Bites 11/27	Confetti Pancakes 11/28	Crumb Cake 11/29	Glazed Doughnut 11/30	Choc Chip Muffin 12/1