

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

Hampton Elementary School
Breakfast & Lunch Menu
January 2024

Fresh Fruits, Veggies
& Milk
served daily!

Weekly Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Yogurt Fun Lunch Sunbutter & Jelly</i>	1/1 CLOSED	1/2 Beef-a-Roni Broccoli	1/3 French Toast Egg or Sausage Hash Brown	1/4 Soft Chicken Taco Brown Rice Cheesy Refried Beans	1/5 Personal Cheese Pizza Cucumber Salad
<i>Yogurt Fun Lunch Sunbutter & Jelly</i>	1/8 Sausage, Egg, & Cheese Sweet Potato Fries	1/9 Cheeseburger on a WG Bun Baked Beans	1/10 WG Pancakes Egg or Sausage. Hash Brown	1/11 Chicken Tenders & Waffles Green Beans	1/12 Personal Cheese Pizza Garden Salad *Early Dismissal*
<i>Yogurt Fun Lunch Sunbutter & Jelly</i>	1/15 CLOSED	1/16 Lasagna Roll-up Texas Toast Broccoli	1/17 French Toast Egg or Sausage Hash browns	1/18 BBQ chicken over Brown Rice w/ roll Steamed Carrots	1/19 Personal Cheese Pizza Green Beans
<i>Yogurt Fun Lunch Sunbutter & Jelly</i>	1/22 Bosco Sticks w/ Marinara cup Steamed Carrots	1/23 Walking Beef & Cheese Tacos w/Salsa Refried beans	1/24 Pancakes Egg or sausage Hashbrowns	1/25 Chicken Patty on wg Bun w/ lettuce & mayo Broccoli	1/26 Personal Cheese Pizza Cucumber & Tomato Salad
<i>Yogurt Fun Lunch Sunbutter & Jelly</i>	1/29 Baked Mac & Cheese w/Garlic Bread Broccoli	1/30 Beef Hot Dog on wg Bun Baked beans	1/31 French Toast Egg or Sausage Hash browns	2/1 BBQ Chicken over Brown Rice w/ roll Green Beans	2/2 Personal cheese Pizza Baby carrots

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

Hampton Elementary School
Breakfast & Lunch Menu
January 2024

Fresh Fruits, Veggies
& Milk
served daily!

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 combating hunger.

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

CLOSED	1/1	Confetti Pancakes	1/2	Crumb Cake	1/3	Glazed Doughnuts	1/4	Choc Chip Muffin	1/5
Breakfast Bar	1/8	Mini French Toast	1/9	Cinnamon Roll	1/10	Mini Waffles	1/11	Pumpkin Bread	1/12
CLOSED	1/15	Confetti Pancakes	1/16	Crumb Cake	1/17	Glazed Doughnuts	1/18	Choc Chip Muffins	1/19
Breakfast Bar	1/22	Mini French Toast	1/23	Cinnamon Roll	1/24	Mini Waffles	1/25	Pumpkin Bread	1/26
Mini Straw Bagel Bites	1/29	Confetti Pancakes	1/30	Crumb Cake	1/31	Glazed Doughnuts	2/1	Choc Chip Muffins	2/2