

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

Hampton Elementary School
Breakfast & Lunch Menu
February 2024

Fresh Fruits, Veggies
& Milk
served daily!

Weekly Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
<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
<i>Yogurt Fun Lunch Sunbutter & Jelly</i>	2/5 Grilled Cheese & Tomato Soup Corn	2/6 Beef & Cheese WG Soft Tacos w/Salsa Refried beans	2/7 BBQ Chicken Sandwich Sweet Potato Fries	2/8 Pasta & Meat Sauce Garlic Bread Stick Broccoli	2/9 Personal Cheese Pizza Cucumber Wheels & Ranch Dressing
<i>Yogurt Fun Lunch Sunbutter & Jelly</i>	2/12 Mozzarella Sticks w/Marinara Green Beans	2/13 Hearty Beef Chili Dinner Roll Oven Baked Fries	2/14 Valentine's Day Chicken Patty Sandwich Sweet Potato Fries	2/15 Rodeo Burger (BBQ Sauce, Cheese & Onion Rings) BBQ Baked Beans	2/16 PD DAY CLOSED
<i>Yogurt Fun Lunch Sunbutter & Jelly</i>	2/19 February Break CLOSED	2/20 February Break CLOSED	2/21 Chicken Tenders & WG Waffles Oven Baked Fries	2/22 Chicken Cutlet over Buttery Egg Noodles Peas	2/23 Personal Cheese Pizza Cucumber & Tomato Salad
<i>Yogurt Fun Lunch Sunbutter & Jelly</i>	2/26 Lasagna Roll-up Garlic Breadstick Cauliflower	2/27 Cheese Burger Baked Beans	2/28 Sausage, Egg, Cheese On WG English Muffin Hash Brown	2/29 Turkey or Ham cheese Sandwiches Baby Carrots	3/1 Personal cheese Pizza Romaine 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 combating hunger.

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

1/29 Mini Straw Bagel Bites	1/30 Confetti Pancakes	1/31 Crumb Cake	2/1 Glazed Doughnuts	2/2 Choc Chip Muffins
2/5 Breakfast Bar	2/6 Mini French Toast	2/7 Cinnamon Roll	2/8 Mini Waffles	2/9 Pumpkin Bread
2/12 Mini Straw Bagel Bites	2/13 Confetti Pancakes	2/14 Crumb Cake	2/15 Glazed Doughnuts	2/16 CLOSED
2/19 CLOSED	2/20 CLOSED	2/21 Cinnamon Roll	2/22 Mini Waffles	2/23 Pumpkin Bread
2/26 Mini Straw Bagel Bites	2/27 Confetti Pancakes	2/28 Crumb Cake	2/29 Glazed Doughnuts	3/1 Choc Chip Muffins