

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

Hampton Elementary School
Breakfast & Lunch Menu
APRIL 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.

*Multi Grain Cheerios or Frosted Flakes offered daily.

4/15 SPRING BREAK	4/16 SPRING BREAK	4/17 SPRING BREAK	4/18 SPRING BREAK	4/19 SPRING BREAK
4/22 Whole Grain Bagel w/Cream Cheese & Cheese Stick	4/23 Oats & Honey Granola Bar & Cheese Stick	4/24 Whole Grain Pumpkin Bread	4/25 Egg & Cheese on WG English Muffin	4/26 WG Chocolate Chip Muffin
4/29 Whole Grain Bagel w/Cream Cheese & Cheese Stick	4/30 Oats & Honey Granola Bar & Cheese Stick	5/1 Whole Grain Pumpkin Bread	5/2 Egg & Cheese on WG English Muffin	5/3 WG Chocolate Chip Muffin