

**HAMPTON ACADEMY
LUNCH MENU
2018 - 2019**

Sandwiches (available daily) Ham•Turkey•Tuna•Cheese•PB&J
MILK (8oz) Low Fat 1% • Fat Free • Chocolate
Juice (4oz) 100% Fruit Juice & Bottled Water (8oz)
Desserts: Fresh Fruit, Pudding, Baked or Frozen treat



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

NOVEMBER



1
Fish Sandwich
Santa Fe Couscous
& Kale Salad
~Watermelon~

2
Homestyle Lasagna
Tossed Zucchini
Salad
~Fresh Mango~



4
5
Meatball Parmesan
Broccoli Salad
~Apple Slices~

6
Chicken Caesar Wrap
Fresh Cucumber Salad
Baked Chips
~Fresh Berries~

7
BBQ Pulled Pork
Homemade Coleslaw
~Sliced Oranges~

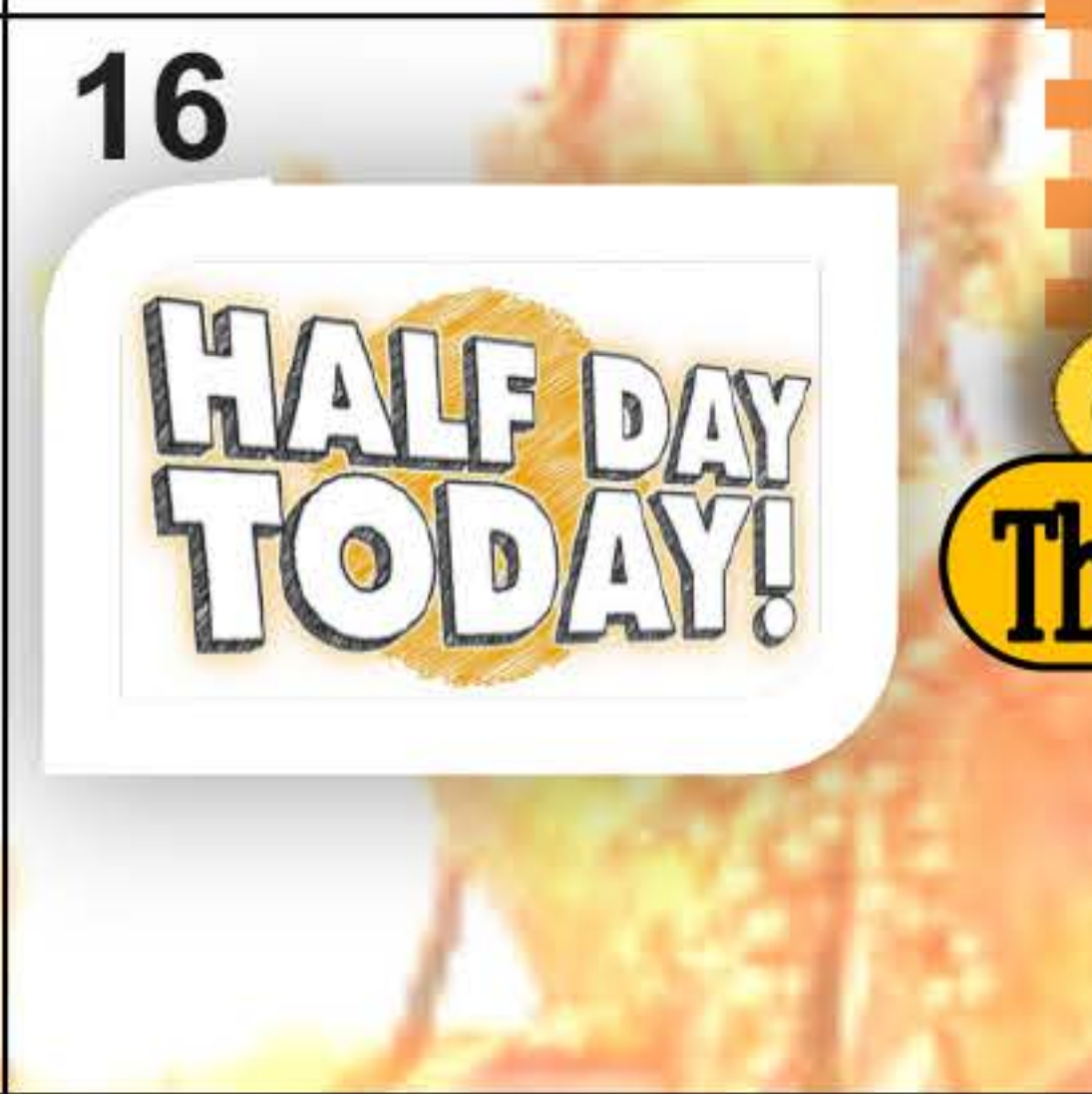


11
12
Chicken Parmesan
Carrots
& Dinner Roll
Side Salads Daily
~Sliced Oranges~

13
Hamburgers
w/ cheese
Potato Wedges
~Cantaloupe~



15
Chicken Cheese
Steak Hoogie
French Fries
~Diced Pears~



18
19
Homemade
Beefaroni
Green Beans
~Fresh Fruit Salad~

20
Chicken Fajitas
Fiesta Corn
w/ Black Beans
~Honeydew~



22
Thanksgiving Break
SCHOOL CLOSED

23
Thanksgiving Break
SCHOOL CLOSED



26
Honey BBQ Chicken
Onion Rings
Carrots
~Cantaloupe~

27
Breakfast For Lunch!!!
Cheese Omelet
French Toast
Sausage
~Sliced Oranges~

28
Spaghetti & Meatballs
Green Beans
Dinner Roll
~ Fresh Berries ~

29
Homestyle Chicken
Sandwich
Hummus & Carrots
Tossed Zucchini Salad
~Grapes~

30
Chicken Quesadillas
Bean Salad
& Spanish Rice
~Diced Pears~

PRICE LIST
Lunch \$2.30
Reduced .40¢
Milk .50¢
Deli Sandwich \$1.00
Side Salad \$1.00
Baked Chips / Small Snack .50¢
Soft Pretzel .50¢
Fresh Fruit / Fruit Cup / Fruit Juice .50¢
Baked/Frozen Treat .50¢

Thanksgiving Lunch Menu
Slow-Roasted Turkey
Mashed Potatoes
Macaroni & Cheese
Butternut Squash
Green Beans
Apple -Cranberry Stuffing
Dinner Rolls
Pumpkin Pie