

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	Saturday
						<p>PRICE LIST...</p> <p>LUNCH \$2.30</p> <p>REDUCED .40¢</p> <p>MILK .50¢</p> <p>DELI SANDWICH \$1.00</p> <p>SIDE SALAD \$1.00</p> <p>BAKED CHIPS / SMALL SNACK .50¢</p> <p>SOFT PRETZEL .50¢</p> <p>FRESH FRUIT / FRUIT CUP / 100% FRUIT JUICE .50¢</p> <p>BAKED/FROZEN TREAT .50¢</p> <p>WATER BOTTLE .50¢</p>
			1 Italian Sausage 3-Bean Spinach Salad Baked Chips ~Watermelon~	2 Chicken Nuggets Macaroni & Cheese Broccoli ~Fresh Mango~	3 French Bread Pizza French Fries Caesar Salad ~Apple Slices~	
5 	6 Honey BBQ Chicken Onion Rings Carrots ~Cantaloupe~	7 Breakfast for Lunch Cheese Omelette French Toast Sausage ~Sliced Oranges~	8 Spaghetti & Meatballs Green Beans Dinner Roll ~ Fresh Berries ~	9 Homestyle Chicken Sandwich Hummus & Carrots Tossed Zucchini Salad ~Grapes~	10 Chicken Quesadillas Bean Salad & Spanish Rice ~Diced Pears~	
	13 Grilled Cheese Tomato Soup & Applesauce ~Honeydew~	14 Sloppy Joe Roasted Broccoli Baked Chips ~Fresh Fruit Salad~	15 Buffalo Wings ~Celery & Carrots~ Mozzarella Sticks ~Fresh Strawberries~	16 Fish Sandwich Santa Fe Couscous & Kale Salad ~Watermelon~	17 Homestyle Lasagna Tossed Zucchini Salad ~Fresh Mango~	
19 	20 Meatball Parmesan Broccoli Salad ~Apple Slices~	21 Chicken Caesar Wrap Fresh Cucumber Salad Baked Chips ~Fresh Berries~	22 BBQ Pulled Pork Homemade Coleslaw Baked Chips ~Sliced Oranges~	23 Tacos w/ chicken Fiesta Corn & 3-Bean Salad ~Cantaloupe~	24 Baked Ziti Fresh Spinach Salad ~Grapes~	
	27 MEMORIAL DAY SCHOOL CLOSED	28 Hamburgers w/ cheese Potato Wedges ~Cantaloupe~	29 Fish Sticks Wild Rice White Bean Salad ~Fresh Strawberries~ Senior Trip!	30 Chicken Cheese Steak Hoagie French Fries ~Diced Pears~	31 Chicken Alfredo w/ Broccoli Spinach Salad ~Grapes~	