

**HAMPTON ACADEMY  
LUNCH MENU  
2019 - 2020**

**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**

**S E P T E M B E R**



**PRICE LIST**

1 	2 	3 	4 	5  ▪ Half Day ▪	6  ▪ Full Day ▪
8 	9 Chicken Parmesan Carrots & Dinner Roll ~Sliced Oranges~	10 Hamburgers w/ cheese Broccoli ~Fruit Salad~	11 Potato Crusted Cod Baked Potato Peas & Carrots ~Fresh Strawberries~	12 Grilled Cheese Tomato Soup ~Fresh Berries~	13 Fettuccini Alfredo Fresh Spinach Salad ~Grapes~
15 	16 Beefaroni Green Beans ~Fresh Fruit Salad~	17 Chicken Fajitas Fiesta Corn w/ Black Beans ~Honeydew~	18 Italian Sausage Peas & Carrots Baked Chips ~Watermelon~	19 Chicken Nuggets Macaroni & Cheese Broccoli ~Fresh Mango~	20 French Bread Pizza Caesar Salad ~Apple Slices~
22 	23 Honey BBQ Chicken Onion Rings Carrots ~Fruit Salad~	24 Breakfast for Lunch Cheese Omelet French Toast Sausage ~Sliced Oranges~	25 Burritos Chips & Queso Vegetable Fried Rice ~ Fresh Berries ~	26 Spaghetti & Meatballs Broccoli Dinner Roll ~Grapes~	27 
29 	30 ROTISSERIE CHICKEN Twice Baked Potato Vegetable Medley ~Honeydew~				

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 / 100%  
FRUIT JUICE .50¢

BAKED/FROZEN  
TREAT .50¢

WATER BOTTLE .50¢

