

HAMPTON ACADEMY

LUNCH MENU

2020 - 2021

Sandwiches (available daily): Ham · Turkey · Tuna · Cheese · PBJ
Beverages: MILK (8oz) Low Fat 1% · Fat Free · Chocolate
Juice (4oz) 100% Fruit Juice & Bottled Water (8oz),



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Hamburger <i>Lettuce & Tomato</i> Broccoli with Cheese <i>~ Diced Pears ~</i>	4 Fettuccini Alfredo with Chicken Garlic Spinach <i>~ Strawberry Applesauce ~</i>	5 ▪ Half Day ▪ NO LUNCH	6 Fish Sandwich Potato Wedges Peas & Carrots <i>~ Diced Peaches ~</i>	7 ▪ Half Day ▪ NO LUNCH	8
9 	10 Chicken Fajitas <i>Peppers & Onions</i> Corn & Black Beans <i>~ Pineapple Tidbits ~</i>	11 WG Spaghetti with Meatballs Sliced Carrots <i>~ Fruit Cocktail ~</i>	12 ▪ Half Day ▪ NO LUNCH	13 French Bread Pizza Cesar Salad <i>~ Fruited Jell-O ~</i>	14 ▪ Half Day ▪ NO LUNCH	15
16	17 Chicken Parmesan Sandwich Green Beans <i>~ Applesauce ~</i>	18 Breakfast for Lunch <i>Cheese Omelet</i> Breakfast Potatoes Turkey Sausage <i>~ Banana ~</i>	19 ▪ Half Day ▪ NO LUNCH	20 Lasagna Rollette Grilled Vegetables <i>~ Pineapple Tidbits ~</i>	21 Orange Chicken Vegetable Fried Rice Spring Roll <i>~ Mandarin Oranges ~</i>	22
23	24 Chicken Nuggets Macaroni & Cheese Broccoli <i>~ Strawberry Applesauce ~</i>	25 Italian Sausage Hoagie Peas & Carrots <i>~ Fruit Salad ~</i>	26 ▪ Half Day ▪ NO LUNCH	27 Hot Dog Corn on the Cob Baked Chips <i>~ Diced Peaches ~</i>	28 ▪ Half Day ▪ NO LUNCH	29
30	31 * SCHOOL CLOSED * MEMORIAL DAY					