

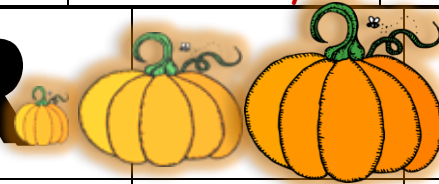
HAMPTON ACADEMY LUNCH MENU 2022-2023









Sandwiches (available daily): Ham • Turkey • Tuna • Cheese
Beverages: MILK (8oz) 1% • Fat Free • Chocolate • Strawberry Juice (4oz) 100% Fruit Juice & Bottled Water (8oz)
Desserts: Pudding (4 oz), Fresh Fruit

Price List – Lunch \$2.30 ~ Reduced \$.40
 Milk \$.50 ~ Bottled Water - \$.50
 Deli Sandwich \$1.00 ~ Side Salad \$1.00
 Baked Chips/Snack - \$.50

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

NOVEMBER



		<p>1 Fettucine Alfredo Chicken & Broccoli WG Garlic Bread Diced Peaches</p>	<p>2 HALF DAY NO LUNCH</p>	<p>3 Italian Sausage Hoagie ~Grilled Peppers & Onions~ Grilled Vegetables Baked Chips Pineapple Tidbits</p>	<p>4 Chicken Sandwich WG Bun Lettuce & Tomato Chickpea & Green Bean Salad Mandarin Oranges</p>	<p>5</p> 
<p>6</p> 	<p>7 Beef Tacos Corn & Black Beans Spanish Rice Fruit Cocktail</p>	<p>8 Grilled Chicken Caesar Wrap Baby Carrots with LF Ranch Dressing Strawberry Applesauce</p>	<p>9 HALF DAY NO LUNCH</p>	<p>10 SCHOOL CLOSED</p>	<p>11 SCHOOL CLOSED</p> 	<p>Native American Heritage/ Thanksgiving Lunch Meal ~ Monday, November 21st ~ Roast Turkey with Gravy Cran-raisin Stuffing Mashed Sweet Potatoes Green Beans WG Dinner Roll Pumpkin Pie</p>
<p>13</p>	<p>14 Fish Sandwich Lettuce & Tomato on WG Bun French Fries Mixed Vegetables Sliced Apples</p>	<p>15 Sloppy Joe Corn & Lima Beans Fruit Cocktail</p>	<p>16 Spaghetti & Meatballs WG Breadstick Spinach Salad Mandarin Oranges</p>	<p>17 Buffalo Chicken Wings WG Mac & Cheese Broccoli Fruited Jell-O</p>	<p>18 HALF DAY NO LUNCH</p>	
<p>20</p> 	<p>21</p> 	<p>22 WG Cheese Pizza Caesar Salad Applesauce</p>	<p>23 HALF DAY NO LUNCH</p>	<p>24 25</p> 		
<p>27</p>	<p>28 Breakfast for Lunch Scrambled Eggs WG Pancakes Turkey Sausage Banana</p>	<p>29 Tomato Lentil Soup Grilled Cheese Zucchini Fries Diced Peaches</p>	<p>30 Corn Dog Baked Beans Corn on the Cob Fruited Jell-O</p>	