



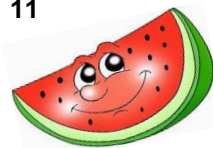







HAMPTON ACADEMY

2022-2023

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),
 Desserts: Fresh Fruit, Pudding



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MARCH			Wellness	March is Greek Heritage Month		
			1 WEDNESDAY Grilled Chicken & Vegetables over WG Penne Pasta Cucumber Salad ~Fruit Salad~	2 Sloppy Joe on WG Bun Carrots ~Pineapple Tidbits~	3 ▪ Half Day No Lunch ▪	
5	Fish Tacos Corn & Black Beans Spanish Rice ~Diced Pears~	7 Pulled Pork on WG Bun Sweet Potato Tater Tots Peas & Carrots ~ Fruit Cocktail~	8 Chicken Cheesesteak Green Bean Fries ~Mandarin Oranges~	9 WG Spaghetti with Meat Sauce Tossed Salad WG Dinner Roll ~Diced Peaches~	10 ▪ Half Day No Lunch ▪	11 
12 	13 Lasagna Rollete Grilled Vegetables WG Breadstick ~Diced Peaches~	14 Tomato Lentil Soup Grilled Cheese ~Cinnamon Applesauce~	15  Greek Heritage Meal Veg Mediterranean Soup Greek Salad with Chicken Baklava ~Diced Pears~	16 WG Pizza Broccoli Florets Fruited Green Jell-O	17 St. Patrick's Day ▪ Half Day No Lunch ▪	18 
19 	20 Chicken Parmesan WG Pasta Mixed Vegetables ~Applesauce~	21 Breakfast for Lunch Scrambled Eggs with Cheese Breakfast Potatoes Turkey Sausage ~Banana~	22 Cheese Ravioli Spinach Salad WG Garlic Breadstick ~Pineapple Tidbits~ ~Diced Peaches~	23 Oven Roasted Chicken Mashed Potatoes Green Peas ~Diced Pears~	24 ▪ Half Day No Lunch ▪	25 
26	27 ▪ Half Day No Lunch ▪	28 ▪ Half Day No Lunch ▪	29 ▪ Half Day No Lunch ▪	30 ▪ Half Day No Lunch ▪	31 ▪ Half Day No Lunch ▪	