



Price List: Milk, Fruit Juice, Water - \$0.50
 Breakfast \$2.00 Lunch \$3.00 Reduced \$0.40
 Chips/Snack \$0.50 Side Salad \$1.00

Hampton Academy 2026-27



LUNCH

MONDAY



Meatball Parmesan Sub
 Mixed Salad Greens
 -Applesauce-

05

TUESDAY

Chicken Alfredo with
 Broccoli
 Garlic Breadstick
 -Fruit Cocktail-

06

WEDNESDAY

Broccoli Cheddar Soup
 Breaded Fish Sandwich
 Coleslaw
 -Tropical Fruit Salad-

Fried Egg Patty, Sausage, &
 Cheese on a Croissant
 Hash Brown Potatoes
 -Banana-

07

THURSDAY

Sausage & Peppers
 Over WG Pasta
 Italian Vegetables
 -Diced Peaches-

01

FRIDAY

Buffalo Chicken Pizza
 Cauliflower Bites
 -Fruited Jello-

02

Happy Indigenous People's Day!



School Closed

12

Spanish Lasagna
 Corn & Black Beans
 -Tropical Fruit Mix-

13

Teriyaki Chicken
 Vegetable Fried Rice
 Stir Fry Vegetables
 -Fruit Cocktail-

14

Pulled Pork
 Corn on the Cob
 Sweet Potato Fries
 -Applesauce-

15

Pepperoni Pizza
 Garden Salad
 -Mandarin Oranges-

16

Grilled Chicken Sandwich
 Lettuce & Tomato
 Sweet Potato Fries
 -Diced Peaches-

19

Baked Ziti
 WG Garlic Breadstick
 Spinach
 -Cinnamon Applesauce-

20

White Chicken Chili
 Brown Rice
 Mixed Vegetables
 -Mandarin Oranges-

21

Meatloaf
 Mashed Potatoes
 Corn
 WG Dinner Roll
 -Diced Peaches-

22

Minestrone Soup
 Ham & Cheese Wrap
 Baby Carrot & LF Ranch
 Baked Chips
 -Sliced Apples-

23

Chicken Nuggets
 WG Macaroni & Cheese
 5 Way Vegetables
 -Diced Peaches-

26

Salisbury Steak
 Mashed Potatoes
 Green Beans
 -Pineapple Tidbits-

27

WG Chicken Tacos
 Lettuce-Cheese-Tomatoes
 Fiesta Corn & Black Beans
 -Diced Peaches-

28

Chicken Parmesan
 Italian Vegetables
 WG Dinner Roll
 -Halloween Treat-

29

Half Day
 No Lunch

30



Sandwiches (available daily): Ham - Turkey - Tuna - Cheese
Beverages: Milk (8oz) Low Fat 1% - Fat Free - Chocolate
Juice (4oz): 100% Fruit Juice & Bottled Water (8oz)
Desserts: Fresh Fruit, Pudding, Frozen Treat

Garden Salad offered
 every day!

OCTOBER 2026