

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Buffalo Chicken Mac & Cheese Mixed Vegetables -Mandarin Oranges- 02	Hamburger Lettuce & Tomato Broccoli with Cheese -Banana- 03	Meat Ravioli Sliced Carrots -Diced Pears- 04	 05	 06
WG Pasta & Meatballs Green Beans -Tropical Fruit Mix- 09	Beef Barley Soup Grilled Chicken Garden Salad WG Garlic Breadstick -Apple Slices- 10	Sausage & Peppers Over WG Pasta Italian Vegetables -Diced Peaches- 11	WG Blueberry Pancakes Sausage Links Scrambled Eggs -Banana- 12	Chicken Wings Potato Wedges Garden Vegetables -Cinnamon Applesauce- 13
WG Macaroni & Cheese Peas -Sliced Apples- 16	Rotisserie Chicken Mashed Potatoes Carrots WG Dinner Roll -Tropical Fruit Salad- 17	Baked Ziti WG Garlic Breadstick Grilled Vegetables -Mandarin Oranges- 18	Jamaican Beef Patty Black Beans & Rice Caribbean Vegetables -Fruit Cocktail- 19	WG Cheese Pizza Steamed Broccoli -Diced Pears- 20
Tomato & Red Pepper Soup Grilled Cheese Fresh Spinach Salad -Pineapple Tidbits- 23	 24	***Half Day*** No Lunch 25	 26	 27
Meatball Parmesan Sub Mixed Salad Greens -Applesauce- 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!

NOVEMBER 2026