

Breakfast: FREE to ALL Students
Lunch: FREE to ALL Students
 Adult Lunch: \$5.00

Hampton Elementary
Breakfast & Lunch Menu
May 2024

**Fresh Fruits, Veggies
 & Milk served daily!**

Weekly Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Yogurt Fun Lunch Sunbutter & Jelly</i>	4/29 Popcorn Chicken w/egg noodles Broccoli	4/30 Beef & Cheese Nachos Refried Beans	5/1 Brunch For Lunch French toast, Sausage Hash Browns	5/2 Chicken Parm Grinder Baby carrots	5/3 Cheese Pizza Green Bean Salad
<i>Yogurt Fun Lunch Sunbutter & Jelly</i>	5/6 Bosco Cheesy Breadsticks w/ marinara sauce Broccoli	5/7 Chef Choice	5/8 Popcorn Chicken & Waffles French Fries	5/9 Boneless Drumsticks w/ Buffalo Ranch & Corn Bread Carrots	5/10 Cheese Pizza Cucumbers & Tomatoes
<i>Yogurt Fun Lunch Sunbutter & Jelly</i>	5/13 Grilled Cheese Carrots	5/14 Hearty Beef & Bean Chili Tortilla chips Refried beans	5/15 Sausage, Egg & Cheese on English Muffin Hash Brown	5/16 Sweet & Sour Popcorn Chicken Rice Green Beans	5/17 Cheese Pizza Romaine Salad
<i>Yogurt Fun Lunch Sunbutter & Jelly</i>	5/20 Cheesy Pasta Bake Garlic Texas Toast Green Beans	5/21 Cheese Burger BBQ Baked Beans	5/22 Brunch For Lunch French toast, Sausage Potato Wedges	5/23 Chicken Patty on a roll Carrots & Cucumbers	5/24 No School Staff Development
<i>Yogurt Fun Lunch Sunbutter & Jelly</i>	5/27 Memorial Day No School	5/28 Mini Corn Dogs Corn	5/29 Popcorn Chicken & Waffles Sweet Potato Fries	5/30 Chef Choice	5/31 Cheese Pizza Cucumber wheels

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Balanced nutrition throughout the day contributes to student success in and out of the classroom. New research shows children are getting their healthiest meals at school. Studies have demonstrated that school meal programs play an important role in supporting obesity prevention, overall student health and academic achievement by improving children's diets and combating hunger.

ALL Breakfast items are 100% whole grain and meet the USDA meal pattern requirements.

Each breakfast is served with fruit and milk.

4/29 Whole Grain Bagel w/Cream Cheese & Cheese Stick	4/30 Oats & Honey Granola Bar & Cheese Stick	5/1 Whole Grain Pumpkin Bread	5/2 Egg & Cheese on WG English Muffin	5/3 Chocolate Chip Muffin
5/6 Whole Grain Bagel w/Cream Cheese & Cheese Stick	5/7 Oats & Honey Granola Bar & Cheese Stick	5/8 Whole Grain Pumpkin Bread	5/9 Egg & Cheese on WG English Muffin	5/10 Chocolate Chip Muffin
5/13 Whole Grain Bagel w/Cream Cheese & Cheese Stick	5/14 Oats & Honey Granola Bar & Cheese Stick	5/15 Whole Grain Pumpkin Bread	5/16 Egg & Cheese on WG English Muffin	5/17 Chocolate Chip Muffin
5/20 Whole Grain Bagel w/Cream Cheese & Cheese Stick	5/21 Oats & Honey Granola Bar & Cheese Stick	5/22 Whole Grain Pumpkin Bread	5/23 Egg & Cheese on WG English Muffin	5/24 No School
5/27 Memorial Day-No school	5/28 Oats & Honey Granola Bar & Cheese Stick	5/29 Whole Grain Pumpkin Bread	5/30 Egg & Cheese on WG English Muffin	5/31 Chocolate Chip Muffin