

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

**Hampton Elementary**  
**Breakfast & Lunch Menu**  
**August 2024**

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

Weekly Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Uncrustable Fun Lunch Riblet Sandwich</i>	8/19	8/20	8/21 <b>Chicken Tenders &amp; Waffles</b> Hash Browns	8/22 <b>Cheeseburger</b> w/lettuce, tomato, & pickle Steamed Carrots	8/23 <b>Pizza Day!</b> Buttery Broccoli
<i>Uncrustable Fun Lunch Homemade Grilled Cheese</i>	8/26 <b>Chicken Patty (spicy or plain)</b> Steamed Corn	8/27 <b>Taco Rice Bowl</b> Taco meat, black beans, corn, and salsa over rice  Cheesy Refried Beans	8/28 <b>Brunch for Lunch</b> <b>French Toast</b> <b>Sausage</b> Sweet Potato Fries	8/29 <b>Chicken Pesto Pasta</b> Garlic Bread Stick Summer Squash	8/30 <b>Pizza Day!</b> Romaine Garden Salad

*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.*

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*Each breakfast is served with fruit and milk.*

8/19	8/20	8/21	8/22	8/23
		Rainbow Bagel w/ Cream Cheese Alt: WG Cereal	Cinnamon Roll  Alt: WG Cereal	Egg & Cheese on WG English Muffin Alt: WG Cereal
8/26	8/27	8/28	8/29	8/30
Campfire S'Mores Bar & Cheese Stick Alt: WG Cereal	WG Pumpkin Bread  Alt: WG Cereal	Yogurt Breakfast  Alt: WG Cereal	WG Cinnamon Crumb Cake Alt: WG Cereal	Chocolate Chip Muffin & Cheese Stick Alt: WG Cereal

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