


**Hampton Elementary
School
Breakfast & Lunch Menu
MAY 2018**

MEAL PRICES:
Daily Lunch: \$2.85 (reduced \$.40)
Milk (only): \$.50
Breakfast: \$1.25

PLEASE SEE BACKSIDE FOR A
BRIEF NEWSLETTER & MORE MEAL
INFORMATION!

DO YOU LIKE OUR NEW FORMAT?

	5/1	5/2	5/3	5/4
	<p>Brunch for Lunch</p> <p>French Toast Sticks Turkey Sausage Tater Tots & Grape Tomatoes Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Roll</i></p>	<p>Crispy Chicken Tenders</p> <p>Seasoned Brown Rice Steamed Broccoli Assorted Fruits Milk</p> <p><i>Breakfast: Mini Pancakes</i></p>	<p>BBQ Roasted Chicken</p> <p>Seasoned Brown Rice Golden Corn Coleslaw Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Roll</i></p>	<p>Pasta and Meatballs</p> <p>Served with Zesty Italian 3 Bean Salad Assorted Fruits Milk</p> <p><i>Breakfast: Egg & Cheese Roll</i></p>
5/7	5/8	5/9	5/10	5/11
<p>Cheesy Pizza Dippers</p> <p>Served with a side of Marinara Sauce Baby Carrots & Cucumber Wheels Assorted Fruits Milk</p> <p><i>Breakfast: Mini Waffles</i></p>	<p>Beef and Cheese Soft Taco</p> <p>Served with Roasted Corn Salsa And a side of Refried Beans Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Roll</i></p>	<p>Meatball & Cheese Sub</p> <p>Served with Garden Salad Ranch Dressing Assorted Fruits Milk</p> <p><i>Breakfast: Mini Pancakes</i></p>	<p>Sweet & Sour Popcorn Chicken</p> <p>Served over seasoned Brown Rice Asian Vegetable Medley Fortune Cookie Assorted Fruits & Milk</p> <p><i>Breakfast: Breakfast Roll</i></p>	<p>Crispy Chicken</p> <p>Served on WG Roll with Lettuce & Tomato Sweet Potato Fries Assorted Fruits Milk</p> <p><i>Breakfast: Egg & Cheese Roll</i></p>
5/14	5/15	5/16	5/17	5/18
<p>Cheese Pizza</p> <p>Served with Baby Carrots Garden Salad w/ Ranch Dressing Assorted Fruits Milk</p> <p><i>Breakfast: Mini Waffles</i></p>	<p>Brunch for Lunch</p> <p>French Toast Sticks Turkey Sausage Tater Tots & Grape Tomatoes Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Roll</i></p>	<p>Sloppy, Sloppy Joe</p> <p>Served on a WG Roll Oven Baked Fries Sweet Green Peas Assorted Fruits Milk</p> <p><i>Breakfast: Mini Pancakes</i></p>	<p>Crispy Chicken</p> <p>Served on WG Roll Garden Salad w/ Ranch Dressing Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Roll</i></p>	<p>Cheese Burger</p> <p>Served on a soft Pretzel Bun Oven Baked Potato Wedges Roasted Corn & Black Bean Salad Assorted Fruits Milk</p> <p><i>Breakfast: Egg & Cheese Roll</i></p>
5/21	5/22	5/23	5/24	5/25
<p>Fried Dough</p> <p>Served with Sauce and Cheese Baby Carrots & Cucumber Wheels Assorted Fruits Milk</p> <p><i>Breakfast: Mini Waffles</i></p>	<p>Cheese Quesadillas</p> <p>Served with Roasted Corn Tortilla Chips Seasoned Refried Beans Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Roll</i></p>	<p>Chicken Mac n' Cheese</p> <p>Served with Golden Carrots Breadstick, Sweet Green Peas Assorted Fruits Milk</p> <p><i>Breakfast: Mini Pancakes</i></p>	<p>Toasted Cheese Sandwich</p> <p>Sweet Potato Fries Steamed Broccoli Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Roll</i></p>	<p>Mini Turkey Corn Dog</p> <p>Oven Baked Potato Wedges New England Baked Beans Assorted Fruits Milk</p> <p><i>Breakfast: Egg & Cheese Roll</i></p>
5/28	5/29	5/30	5/31	
<p></p> <p><i>Breakfast: Mini Waffles</i></p>	<p>Brunch for Lunch</p> <p>French Toast Sticks Turkey Sausage Tater Tots & Grape Tomatoes Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Roll</i></p>	<p>Crispy Chicken Tenders</p> <p>Seasoned Brown Rice Steamed Broccoli Assorted Fruits Milk</p> <p><i>Breakfast: Mini Pancakes</i></p>	<p>BBQ Roasted Chicken</p> <p>Seasoned Brown Rice Golden Corn Coleslaw Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Roll</i></p>	

*Menu subject to change without notice.

Welcome!

...to the new school menu format! I hope you find this format easier to read and understand!

- ❖ May 4th is School Lunch Hero Day! Between preparing healthy meals for America's students, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, school nutrition professionals are true heroes!
- ❖ May 7-11 is National Teacher Appreciation Week! Teachers change the lives of millions of children every day, and their work and impact extends far beyond the boundaries of the classroom. Take the time to show your appreciation this week!
- ❖ May 28th – Memorial Day "As we express our gratitude, we must never forget that the highest appreciation is not to utter the words, but to live by them." – John F. Kennedy

Thank you for reading! Feel free to reach out with comments/suggestions – EASTCONN Food Service

Breakfast



A complete breakfast includes; Whole Grain based Entrée, Milk, Fruit and/or 100% Fruit Juice.
Reduced Sugar Whole Grain Cereals are available in addition to the daily offering.



What does a complete hot lunch include?

Grain, meat/meat alternate, vegetable, fruit & milk

Students are encouraged to select all 5 components!

Alternate lunches are available daily by request only and include all food group components:

- A peanut butter & jelly or peanut butter & fluff
On whole wheat bread
- Salad with turkey, salad with cheese or salad with turkey & cheese (*EXCEPT *Salad Days)

Lunch



A meal is considered complete is 3 out of 5 food groups are present on the tray, including a serving of fruit.



Lunch choices include: Fat Free or 1% Regular Milk and fat-free chocolate milk



In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

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