


Hampshire County Schools
 "USDA Is An Equal Oppurtunity Employer"

August-September
 Menu Subject to Changes

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| 14 Free & Reduced Meals Application Website Go To: https://schoolcafe.com/ |  | 16 Make lunch payments online https://schoolcafe.com/ | 17 | 18 Eggstravaganza, Mixed Fruit Cup, Assorted Fruit Juice, Low Fat Variety Milk Taco Salad (E-10) Corn Chips, Sour Cream, Salsa, Spanish Rice (B-17) Kidney Beans, Sherbert, Chilled Pears, Low Fat Milk Variety |
| 21 Eggstravaganza or Apple Strudel, Fresh Banana, Assorted Cereals, Assorted Fruit Juices, Low Fast Variety Milk Chicken Fajita Wrap, Shredded Cheese, Sour Cream, Salsa, Tossed Salad, Lima Beans, Strawberries, Low Fat Variety Milk | 22 Tac-Go w/ Egg/Ham/Cheese or Chocolate Chip Waffles, Fresh Apple Wedges, Assorted Cereal, Variety Fruit Juices, Low Fat Variety Milk Pizza, Steamed Carrots, Salad w/ Tomatoes/ Cucumbers Variety Low Fat Dressings, Blueberry Crisp (C-07), Banana Low Fat Variety Milk | 23 Blueberry Bagel, or Cinn. Rolls Cottage Cheese, Pineapple Slices, Assorted Cereal, Assorted Fruit Juices, Low Fat Variety Milk Salisbury Steak, W/W Roll (B-16), Mashed Potatoes, Steamed Broccoli, Chilled Peaches, Low Fat Variety Milk, | 24 Banana Choc. Bar, or Canadian Bacon & Cheese on English Muffin, Peach Cup, Low Fat Variety Milk Assorted Juices Chicken Nuggets, Pasta Salad Cheese Bread Stick, Spring Mix Salad, Fruit Cocktail, Low Fat Variety Milk | 25 Eggrolls, or Coco Puff Cereal Bar, Banana, Assorted Cereal, Assorted Fruit Juice, Low Fat Variety Milk Cheeseburger on W/W Bun, Lettuce/ Tomato/Onion, Oven Fries, Peas, Fresh Peppers & Celery w/ Dip, Chilled Pears, Low Fat Variety Milk |
| 28 Blueberry Muffin Minis, Cottage Cheese, Pineapple Tidbits Cups, Assorted Cereal, Assorted Fruit Juice, Low Fat Variety Milk Mini Corn Dogs, Macaroni & Cheese (D-51) W/W Roll , Broccoli Green Beans, Apple Crisp (C-02), Banana, Low Fat Variety Milk | 29 Cereal On Go, or Soft Pretzel, Colby Mix Cheese, Stick, Mustard/Cream Cheese, Assorted Fruit Juice, Low Fat Variety Milk, Banana BBQ Chicken Drumettes/ Drumsticks, Roll RoastedPotatoes, Lima Beans, Tomato/Cucumber Salad, Cinnamon Applesauce, Low Fat Variety Milk | 30 Banana Muffin, or Sunrise Flatbread Cheese & Sausage Applesauce Cups, Low Fat Variety Milk Assorted Cereals Soft taco, Lettuce, Tomato, Kidney Beans, Pudding, Pears Banana, Pepper Sticks, Low Fat Variety Milk | 31 Breakfast Pizza, or Trix Cereal Bar, Stawberry Banana Bash Yogurt, Assorted Fruit Juice, Peaches, Low Fat Variety Milk Chicken Patty on W/W Bun, Lettuce, Tomatoes, Mayo, Orange Glazed Carrots (I-13A), Strawberries, Low Fat Variety Milk | 1 Tac-Go w/ Egg/Ham/Cheese or Chocolate Chip Waffles, Fresh Apple Wedges, Assorted Cereal, Variety Fruit Juices, Low Fat Variety Milk Pizza, Red & Green Peppers w/ Dip, Gr. N Beans, Steamed Broccoli, Mandarin Oranges, Low Fat Variety Milk |

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| <p style="text-align: center;">4</p> <p style="text-align: center;">No School</p> <p style="text-align: center;">LABOR DAY</p>  | <p style="text-align: center;">5</p> <p style="text-align: center;">Scrambled Egg Patty or Oatmeal Choc. Bar, Yogurt, Fresh Oranges, Assorted Cereal, Assorted Fruit Juices, Low Fat Variety Milk</p> <p style="text-align: center;">Roasted Turkey, Mashed Potatoes/Gravy, Green Beans, W/W Roll (B-16), Baby Carrots w/ Ranch Dip, Applesauce, Low Fat Variety Milk</p> | <p style="text-align: center;">6</p> <p style="text-align: center;">Eggstravaganza, Mixed Fruit Cup, Assorted Fruit Juice, Low Fat Variety Milk</p> <p style="text-align: center;">Chicken Tenders, Pasta Salad, Roll, Steamed Carrots, Tossed Salad, Fresh Peach, Low Fat Variety Milk</p> | <p style="text-align: center;">7</p> <p style="text-align: center;">Taquito Egg/Sausage/Cheese, or Cereal On Go Packets, Mozzaerella Cheese Stick, Applesauce Cup, Low Fat Variety Milk, Assorted Juice</p> <p style="text-align: center;">Cheeseburger, w/w Bun, Lettuce, Tomato, Onion, Cucumbers w/ Dip, Kidney Beans, Fresh Apple, Low Fat Variety Milk</p> | <p style="text-align: center;">8</p> <p style="text-align: center;">Cinn/Choc Graham Cracker Pack or Scrambled Eggs w/ Sausage, English Muffin, Assorted Cereal, Assorted Fruit Juice, Low Fat Variety Milk, Peach Cups</p> <p style="text-align: center;">Pizza, Tossed Salad Tomatoes, Cucumbers, Steamed Broccoli, Gr. N. Beans, Chilled Peaches, W/W Sugar Cookie (C-30), Low Fat Variety Milk</p> |
| <p style="text-align: center;">11</p> <p style="text-align: center;">Scrambled Egg Patty or Oatmeal Choc. Bar, Yogurt, Fresh Oranges, Assorted Cereal, Assorted Fruit Juices, Low Fat Variety Milk</p> <p style="text-align: center;">Beef Teriyaki W/W Bun Steamed Carrots, Gr. N. Beans, Fruit, Tossed Salad w/ Tomatoes, Lettuce, Cucumbers, Low Fat Variety Milk</p> | <p style="text-align: center;">12</p> <p style="text-align: center;">Eggstravaganza, Mixed Fruit Cup, Assorted Fruit Juice, Low Fat Variety Milk</p> <p style="text-align: center;">Fish Sandwich, Sweet Potato Fries, Salad w/ Tomatoes/Cucumbers, Chilled Peaches, Low Fat Variety Milk</p> | <p style="text-align: center;">14</p> <p style="text-align: center;">Eggroll, or Cinn Toast on Go, Triple Cherry Yogurt, Assorted Cereals, Assorted Juices, Low Fat Variety Milk Mandarin Oranges</p> <p style="text-align: center;">Orange chicken, Rice, Egg Roll, Broccoli Strawberries, Celery & Carrots Low Fat Variety Milk</p> | <p style="text-align: center;">15</p> <p style="text-align: center;">Mini Muffins Chocolate Chip, Strawberry Banana Bash Yogurt, Assorted Fruit Juice, Low Fat Variety Milk, Peach Cup</p> <p style="text-align: center;">Pizza, Corn, Tossed Salad, Blueberry Crisp, Banana, Low Fat Variety Milk</p> | <p style="text-align: center;">16</p> <p style="text-align: center;">Tac-Go w/ Egg/Ham/Cheese or Chocolate Chip Waffles, Fresh Apple Wedges, Assorted Cereal, Variety Fruit Juices, Low Fat Variety Milk</p> <p style="text-align: center;">Macaroni & Beef (D-22), Tossed Salad, W/W Roll (B-16), Gr. Nothrn Beans, Fruit Cocktail, Low Fat Variety Milk</p> |
| <p style="text-align: center;">18</p> <p style="text-align: center;">Cereal on the Go, or Soft Pretzel w Mustard/ Cream, Cheese, Cheese Stick, Assorted Fruit Juice, Low Fat Variety Milk, Peach Cup Assorted Cereals</p> <p style="text-align: center;">Cream Turkey on Biscuit, Mashed Potatoes, Peas, Tossed Salad, Apple, Low Fat Variety Milk</p> | <p style="text-align: center;">19</p> <p style="text-align: center;">Tac-Go w/ Egg/Ham/Cheese or Chocolate Chip Waffles, Fresh Apple Wedges, Assorted Cereal, Variety Fruit Juices, Low Fat Variety Milk</p> <p style="text-align: center;">Pizza, Tossed Salad w/ Tomatoes, Corn, Baby Carrots w/ Dip, Grapes, Low Fat Variety Milk</p> | <p style="text-align: center;">20</p> <p style="text-align: center;">Scrambled Egg Patty or Oatmeal Choc. Bar, Yogurt, Fresh Oranges, Assorted Cereal, Assorted Fruit Juices, Low Fat Variety Milk</p> <p style="text-align: center;">Chicken Nuggets, Fries, W/W Roll Steamed Carrots, Tossed Salad, Fresh Peach, Low Fat Variety Milk</p> | <p style="text-align: center;">21</p> <p style="text-align: center;">Eggstravaganza, Mixed Fruit Cup, Assorted Fruit Juice, Low Fat Variety Milk</p> <p style="text-align: center;">Pulled Pork BBQ on W/W Bun, Baked Potato, Tossed Salad, Chocolate Pudding, Chilled Pears, Low Fat Variety Milk</p> | <p style="text-align: center;">22</p> <p style="text-align: center;">Rice Crispy Treat Bar, or Pancake Minis w/ Maple Syrup, Assorted Cereals, Fresh Apple Wedges, Low Fat Variety Milk Assorted Juices</p> <p style="text-align: center;">Taco Salad (E-10) Corn Chips, Sour Cream, Salsa, Spanish Rice (B-17) Refried Beans, Tropical Fruit, Low Fat Milk Variety</p> |

| 25 | 26 | 27 | 28 | 29 |
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| <p>Tac-Go w/ Egg/Ham/Cheese or Chocolate Chip Waffles, Fresh Apple Wedges, Assorted Cereal, Variety Fruit Juices, Low Fat Variety Milk</p> <p>Chili/ Cheese Hot Dog, Cole Slaw (E-06), Baked Beans (I-06), Sherbet , Mandarin Oranges, Low Fat Variety Milk</p> | <p>Scrambled Egg Patty or Oatmeal Choc. Bar, Yogurt, Fresh Oranges, Assorted Cereal, Assorted Fruit Juices, Low Fat Variety Milk</p> <p>Homemade Vegetable Soup (H-04), Toasted Cheese Sandwich, Fresh Peach, Cucumbers & Carrots/Dip, Low Fat Variety Milk</p> | <p>Eggstravaganza, Mixed Fruit Cup, Assorted Fruit Juice, Low Fat Variety Milk</p> <p>BBQ Chicken Drumettes/ Drumsticks, W/W Breadstick, RoastedPotatoes, Lima Beans, Tomato/Cucumber Salad, Cinnamon Applesauce, Low Fat Variety Milk</p> | <p>Butterscotch Bar, or Breakfast Pizza, Pear Cups, Assorted Cereal, Assorted Fruit Juice, Low Fat Variety Milk</p> <p>Sloppy Joes (F-05), Mac & Cheese, Broccoli, Topical Fruit, w/w Sugar Cookie, Low Fat Variety Milk</p> | <p>Breakfast Pizza/ or Oatmeal Chocolate Chip Mandarin Cup, Assorted Cereal, Assorted Fruit Juice, LF V Milk</p> <p>Chicken Patty, Green Beans, Fries Crisp Apple Wedges, Fresh Broccoli/ Cauliflower/ Ranch Dip Low Fat Milk Variety</p> |

Lunch: * All Grains Contain Whole Grain Products * Fresh Fruit Is Offered At Least Three Times A Week * Different Vegetables Are Offered Every Day Of The Week * Dark Green or Orange Vegetables Are Offered Three Times A Week *All Dairy Products (Milk, Yogurt, & Cottage Cheese) Are Low-Fat or Non-Fat *Cooked Dried Beans Are Offered Once A Week NOTE: Menu Items With A Notation (e.g. E-17) Indicate USDA Recipes **Breakfast:** *Cereals Are Whole Grain & Contribute 6G Sugar/Serving * Assorted Fruit Juices are 100% Fruit Juice * Milk & Dairy Products (Yogurt, Cottage Cheese) Are 1% &/or Skim Milk Varieties NOTE: Menu Items With A Notation (e.g. E-17) Indicate USDA Recipes