

*Let's Go Trojans!*

**February Hampshire High School  
Breakfast and Lunch Menu**

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February 1- February 28, 2023

MONDAY	TUESDAY	WV WEDNESDAY State Grown & Produced Products	THURSDAY	FRIDAY
		1 B-Extravaganza, Banana, Juice, Milk  L-Tacos or Loaded Nachos ( <b>WV taco meat</b> , cheese sauce, chips, salsa) Kidney Beans, Broccoli, Pineapple, Milk	2 B - Waffles, Strawberry Cup, Juice, Milk  L- Baked Potato Bar W/ <b>WV Chili</b> , Cheese Turkey & Cheese Wrap, Pinto Beans, Mixed Fruit, Milk	3 B – Cereal Choice, Yogurt w/Mix-In, Applesauce Cup, Juice, Milk  L- Chicken Nuggets or <b>WV Cheeseburger</b> , Oven Fries, Applesauce, Milk
6 B- Soft Pretzel w/ Cheese, Yogurt, Juice, Strawberry Cup, Milk  L- Pancakes w/ Sausage Gravy over Biscuits, Tomato Slices, Pears, Milk	7 B-Hot Chocolate, French Toast Sticks, Yogurt, Pineapple Cup, Juice, Milk  L- Boneless Chicken Wings or Cheesy Pull Apart Southwest Queso, Banana, Milk	8 B- Breakfast Pizza, Strawberry Applesauce Cup, Juice, Milk  L- <b>WV Chili</b> W/ Cinnamon Roll or <b>WV Pulled Pork Sandwich</b> , Corn, Peaches, Milk	9 B - <b>WV Pancake &amp; Sausage Sandwich</b> , Banana, Juice, Milk  L – Tangerine Chicken or Ham & Cheese Croissant, Fried Rice, Steamed Broccoli, Mandarin Oranges, Milk	10 B – Snack'n Waffle, Yogurt, Mix Fruit Cup, Juice, Milk  L – Grilled Cheese Sandwich or Hot Dog w/ <b>WV Chili Sauce</b> , Sweet Potato Fries, Mixed Fruit, Milk
13 B- Sausage Egg & Cheese Sandwich, Juice, Tangerine, Yogurt, Milk  L- Meatloaf, Mashed Potatoes, Green Beans, Pears, Milk	14 B - Yo Go Specialty Drink, Mini Maple Pancakes, Yogurt, Peach Cup, Juice, Milk  L-Fish & Chips or Fish Patty Sandwich w/ Seasoned Fries, Scalloped Potatoes, Mixed Fruit, Milk	15 B – Cinnamon Roll Minis, Yogurt, Peach Applesauce Cup, Juice, Milk  L- Chicken Nuggets or <b>WV Cheeseburger</b> , Oven Fries, Applesauce, Tropical Fruit, Milk	16 B – Cereal Choice, Yogurt w/Mix-In, Banana, Juice, Milk  – Mac & Cheese or Roast Beef & Provolone on Pretzel Bun, Seasoned Potato Wedges, Green Beans, Dinner Roll, Mandarin Oranges, Milk	17 B - Breakfast pizza, Apple Slices, Juice, Milk  L-Pizza Choice Buffalo/ Pepp/ Cheese or Calzone, Cheese Stick, Peaches, Milk
20 <b>No School For Students</b>	21 B – Cereal Choice, Yogurt w/Mix-In, Banana, Juice, Milk  L- Hot Chocolate, Chicken Nuggets or Chicken/ Rice & Cheese Burrito w/ Cheese Sauce, Oven Fries, Applesauce, Pears, Milk	22 B- French Toast Sticks, Yogurt, Pineapple Cup, Juice, Milk  L- <b>Pepperoni Roll</b> w/ Marinara or Cheesy Pull Apart Southwest Queso, Seasoned Potato Wedges, Cucumbers w/ Ranch, Mandarin Oranges, Milk	23 B - <b>WV Chicken Biscuit Sandwich</b> , Strawberry Cup, Juice, Milk  L- Baked Potato Bar W/ <b>WV Chili</b> , Cheese or Bologna & Cheese Sandwich, Kidney Beans, Mixed Fruit, Milk	24 B-Breakfast Pizza, Pineapple Cup, Juice, Milk  L- Breaded Chicken Drumsticks or Cheesy Pull Apart Southwest Queso, Peaches, Milk
27 B- Drink, Muffin Choice, Yogurt, Juice, Strawberry Cup  L- Chicken Strips, Seasoned Fries, Baked Beans, Cornbread, Peaches, Milk	28 B- Yo Go Specialty Drink, Donut Or Cereal, Applesauce Cup, Juice, Milk  L- Chicken Alfredo or Chicken/Cheese Rice Burrito w/ Alfredo Sauce, Peas, Banana, Milk			

This institution is an equal opportunity provider.

\*\*\* Menus subject to change due to inclement weather and product availability\*\*\*