


SEPTEMBER

Hampshire High School Menu

ATTENDANCE MATTERS IN HAMPSHIRE COUNTY SCHOOLS! "STRIVE FOR FIVE"

This institution is an equal opportunity provider

September 4-September 29, 2023

MONDAY	TUESDAY	WV WEDNESDAY WV State grown products & produced	THURSDAY	FRIDAY
<p>4 No School</p> 	<p>5 B- Egg & Cheese Omelet, Yogurt Strawberry Applesauce Cup Fresh Fruit, Juice, Milk</p> <p>L- Mac & Cheese Bowl w/ Chicken Strips or Chicken/ Cheese/ Rice Burrito, Peaches Fresh Fruit, Garden Bar, Milk</p>	<p>6 B- Breakfast Pizza, Yogurt, Peach Cup, Juice, Fresh Fruit, Milk</p> <p>L- WV Cheeseburger or Hot Dog w/ WV Chili Sauce, W/W Bun Oven Fries, Baked Beans, Garden Bar Applesauce, Fresh Fruit, Milk</p>	<p>7 B- Sausage/Egg & Cheese Bagel Smoothie, Juice, Fresh Fruit Milk</p> <p>L- Salisbury Steak, Mashed Potatoes, W/W Roll, Green Beans Mixed Fruit, Fresh Fruit, Garden Bar, Milk</p>	<p>8 B- Cereal Choice, Extravaganza, Yogurt Cinnamon Applesauce Cup Juice, Fresh Fruit, Milk</p> <p>L-Chicken Fajita Wrap, Refried Beans Mixed Fruit, Chocolate Chip Cookie Garden Bar, Peaches, Fresh Fruit, Milk</p>
<p>11 B- Cheese/Egg/Sausage Burrito Yogurt, Fresh Fruit, Juice, Milk</p> <p>L- L – Pizza Choice (Buffalo or Pepperoni) Stuffed Bread Stick w/ Marinara, Applesauce, Fresh Fruit Garden Bar, Milk</p>	<p>12 B- Extravaganza, Yogurt Chex Mix, Mixed Fruit Cup, Fresh Fruit Juice, Milk</p> <p>L-Loaded Chili & Cheese Fries (WV Chili Sauce) Onion Rings Peas, Peaches, Garden Bar, Fresh Fruit Milk</p>	<p>13 B- Breakfast Pizza, Yogurt Cinnamon Applesauce Cup Fresh Fruit, Juice, Milk</p> <p>L- WV Pulled Pork Sandwich W/W Bun, Oven Fries, Baked Beans, Slaw, Mixed Fruit Garden Bar, Fresh Fruit, Milk</p>	<p>14 B- Egg & Cheese Bagel, Yogurt Peach Cup, Fresh Fruit, Juice Milk</p> <p>L- Orange Chicken, Rice Pilaf Steamed Broccoli, Egg Roll Applesauce, Fresh Fruit, Garden Bar Milk</p>	<p>15 B- Colby Cheese Omelet, Yogurt, Fresh Fruit, Juice, Milk</p> <p>L- Boneless Wing Day BBQ or Garlic Parmesan Wings, Pinto Beans, Pudding, Fresh Fruit Peaches, Garden Bar, Milk</p>
<p>18 B- Cereal Choice, Breakfast Burrito Yogurt, Juice, Fresh Fruit Smoothie, Milk</p> <p>L- Chili Dog or Hot Dog, Baked Beans, Three Bean Salad, Cole Slaw, Apple Crisp, Peaches, Fresh Fruit, Garden Bar, Milk</p>	<p>19 B- Cheese/Egg/Sausage Bagel Yogurt, Peach Applesauce Cup Fresh Fruit, Juice, Milk</p> <p>L-Chicken Nuggets or Chicken Tenders, Corn, Kidney Beans, Applesauce, Garden Bar, Fresh Fruit, Milk</p>	<p>20 B- Breakfast Pizza, Yogurt Applesauce Cup, Fresh Fruit Juice, Milk</p> <p>L- Spaghetti w/ WV Meat sauce Texas Toast, Cheese Stick, Corn Peaches, Garden Bar, Fresh Fruit Milk</p>	<p>21 B – Colby Cheese Omelet, Yogurt Strawberry Cup, Fresh Fruit, Juice Milk</p> <p>L- Steak & Cheese Sub w/ Peppers & Onions, Onion Rings Steamed Carrots, Applesauce Mixed Fruit, Garden Bar, Fresh Fruit, Milk</p>	<p>22 B - WV Chicken Biscuit Sandwich, Fresh Fruit, Peach Cup, Juice, Milk</p> <p>L – Pizza Choice (Buffalo/ Pepperoni/ Cheese) Peas Mozzarella Sticks w/ Marinara Sauce, Applesauce, Garden Bar Fresh Fruit, Milk</p>
<p>25 B- Breakfast Pizza, Yogurt Strawberry Cup, Juice, Milk</p> <p>L- Sausage Gravy over Biscuits Egg Patty, Hash Brown Baked Cinnamon Apples, Garden Bar, Mixed Fruit, Fresh Fruit, Milk</p>	<p>26 B- Egg & Cheese Bagel, Yogurt Chex Mix, Peach Applesauce Cup Juice Fresh Fruit, Milk</p> <p>L- Boneless Wing Day (Sriracha or Plain with Ranch) Oven Fries, Peaches, Garden Bar Fresh Fruit, Milk</p>	<p>27 B – Cheese/Egg/Sausage Burrito Pear Cup, Fresh Fruit, Juice, Milk</p> <p>L- Baked Potato Bar w/ WV Chili Sauce, Shredded Cheese, or Mashed Potato Bowl, Pinto Beans, Mixed Fruit, Garden Bar Fresh Fruit, Milk</p>	<p>28 B – Pancake On A Stick, Yogurt Mandarin Orange Cup, Juice, Milk</p> <p>L- Chicken Alfredo, Steamed Broccoli, Garlic Toast, Applesauce Peach Cup, Smoothie, Garden Bar Fresh Fruit Milk</p>	<p>29 B - WV Pancake & Sausage Sandwich, Applesauce Cup Juice, Fresh Fruit, Milk</p> <p>L- Chicken Patty Sandwich on W/W Bun, Scalloped Potatoes Steamed Carrots, Peaches Garden Bar, Fresh Fruit, Milk</p>

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