



# April 2025

## Hampton Bays High School Lunch Menu

### Available Daily:

- Turkey & Cheese on Kaiser Roll
- Ham & Cheese on Kaiser Roll (P)
- Cheese Sandwich
- WG Bagel with Butter or Cream Cheese
- Cheese Pizza
- LF Yogurt Parfait
- Salad Choice
- Sun Butter & Jelly
- Apples, Oranges, Fruit Cups
- Baby Carrots, Celery Sticks, Rotating Hot Vegetables
- Fat Free Chocolate Milk, Fat Free White Milk, or 1% White Milk
- 6 oz 100% Apple, Orange, or Tropical Juice

### Gluten Free Options:

- Pasta
- Chicken Tenders
- Plain Bagel
- Honey Nut Cheerios Cereal
- Cheerios Cereal
- Rice Chex Cereal
- Cinnamon Chex Cereal

\*We also have hot dog and hamburger rolls that are gluten free!

All Lunches Must Include Choice of:  
Fruits and/or Vegetable  
Choice of:  
Fat Free Chocolate Milk, Fat Free White Milk, or 1% White Milk

Items with a (P) may contain pork

\*Menus are subject to change without notice

MON	TUES	WED	THURS	FRI
	Burger Bar <sup>1</sup> Hamburger/Cheeseburger Or Veggie Burger Assorted Cheese/Toppings Seasoned Fries Honey Glazed Carrots Strawberry Cup Banana	Brunch for Lunch <sup>2</sup> WG Waffles Turkey Sausage Egg Patty Tater Tots Grape Tomato Cup Pear Blueberry Cup	Chicken Quesadilla Seasoned Rice Vegetarian Beans Red Pepper Strips Applesauce Cup Melon Cup	Pizzeria Fridays <sup>4</sup> WG Cheese Pizza WG Pepperoni Pizza (P) Roasted Broccoli Cucumber Coins Blueberry Cup Applesauce Cup
Pizza Crunchers w/Sauce WG Dinner Roll Steamed Broccoli Celery Sticks Orange Wedges Pear Cup	Hamburger or Cheeseburger Sweet Potato Fries Roasted Cauliflower Pear Grape Cup	Brunch for Lunch <sup>9</sup> WG Pancakes Turkey Sausage Egg Patty Tater Tots Baby Carrots Pear Blueberry Cup	Nacho Bar <sup>10</sup> Beef, Chicken, or Beans Over Nacho Chips Cheddar Cheese Sour Cream Whole Kernel Corn Red Pepper Strips Pear Banana	Pizzeria Fridays <sup>11</sup> WG Cheese Pizza WG BBQ Chicken Pizza WG Pepperoni Pizza (P) Garden Salad Roasted Garbanzo Beans Mixed Fruit Cup Pear Cup
School Closed Spring Break	School Closed Spring Break	School Closed Spring Break	School Closed Spring Break	School Closed Spring Break
WG Maxx Sticks Marinara Sauce WG Dinner Roll Roasted Broccoli Steamed Cauliflower Orange Wedges Pear Cup	Hamburger or Cheeseburger Sweet Potato Fries Whole Kernel Corn Pear Grape Cup	Breakfast Bar <sup>23</sup> WG Pancakes, WG French Toast, or WG Waffles Turkey Sausage Egg Patty Tater Tots Grape Tomatoes Fresh Pear Fresh Banana	Cheesy Beef & Rice Bowl Vegetarian Beans Red Pepper Strips Orange Strawberry Cup	WG Cheese Pizza WG Pepperoni Pizza (P) Garden Salad Cucumber Coins Mixed Fruit Cup Pear Cup
WG Chicken Tenders Seasoned Rice Romaine Side Salad Roasted Cauliflower Banana Grape Cup	Burger Bar <sup>29</sup> Hamburger/Cheeseburger Or Veggie Burger Assorted Cheese/Toppings Seasoned Fries Grape Tomato Cup Strawberry Cup Banana	Brunch for Lunch <sup>30</sup> WG Pancakes Turkey Sausage Egg Patty Tater Tots Baby Carrots Pear Blueberry Cup		

Menus are subject to change.

Powering potential.™

## All Students Now Receive First Lunch Meal Free!

Additional Lunch Meal: \$3.75

**aramark**  
STUDENT  
NUTRITION

This institution is an equal opportunity provider.