



# April 2025

## Hampton Bays Middle 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
	1 Burger Bar Choice of Beef or Veggie Burger Assorted Toppings Seasoned Fries Baby Carrots Strawberry Cup Pear	2 Breakfast Bar WG Waffles Turkey Sausage Egg Patty Tater Tots Grape Tomato Cup Fresh Pear Fresh Banana	3 Beef & Cheese Burrito Salsa Black Bean Salad Red Pepper Strips Apple Pear Cup	4 <b>Pizzeria Fridays</b> WG Cheese Pizza WG BBQ Chicken Pizza Romaine Side Salad Cucumber Coins Orange Wedges Apple Slices
7 Hamburger or Cheeseburger Sweet Potato Fries Celery Sticks Pear Grape Cup	8 Baked Ziti WG Dinner Roll Roasted Broccoli Cucumber Coins Grape Cup Pear Cup	9 Brunch for Lunch WG Pancakes Turkey Sausage Egg Patty Tater Tots Baby Carrots Sliced Pears Orange	10 Taco Bar Chicken, Beef or Bean Taco Sour Cream and Salsa Brown Rice Red Pepper Strips Fiesta Corn Orange Wedges Melon Cup	11 <b>Pizzeria Fridays</b> WG Cheese Pizza WG Pepperoni Pizza (P) Romaine Side Salad Roasted Garbanzo Beans Applesauce Cup Melon Cup
14 School Closed Spring Break	15 School Closed Spring Break	16 School Closed Spring Break	17 School Closed Spring Break	18 School Closed Spring Break
21 Hamburger or Cheeseburger Baked French Fries Grape Tomatoes Pear Grape Cup	22 WG Maxx Sticks with Marinara Sauce WG Dinner Roll Steamed Broccoli Cucumber Coins Orange Wedges Pear Cup	23 Brunch for Lunch WG French Toast Turkey Sausage Tater Tots Grape Tomato Cup Pear Blueberry Cup	24 Taco Bar Chicken, Beef or Bean Taco Sour Cream and Salsa Brown Rice Vegetarian Beans Red Pepper Strips Orange Wedges Melon Cup	25 <b>Pizzeria Fridays</b> WG Cheese Pizza WG Pepperoni Pizza (P) Romaine Side Salad Celery Sticks Applesauce Cup Melon Cup
28 Pizza Crunchers Marinara Sauce WG Dinner Roll Steamed Green Beans Baby Carrots Orange Wedges Pear Cup	29 Burger Bar Choice of Beef or Veggie Burger Assorted Toppings Seasoned Fries Grape Tomato Cup Strawberry Cup Pear	30 Brunch for Lunch WG Pancakes Turkey Sausage Egg Patty Tater Tots Steamed Broccoli Sliced Pears Orange		

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Powering  
potential.

All Students Now Receive  
First Lunch Meal Free!

Additional Lunch Meal: \$3.75

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NUTRITION

This institution is an equal opportunity provider.

