

North Hampton School

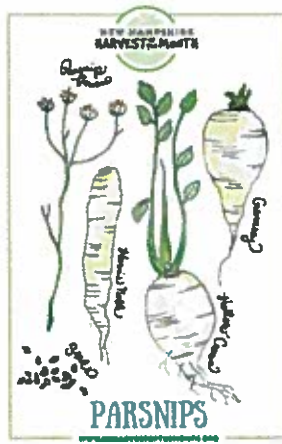
January 2019

Lunch Prices:

Reduced Lunch \$.40

Paid Lunch \$2.95

Adult Lunch & Second Meal \$3.85



Parsnips are a member of the carrot family, which comes as no surprise when you look at the resemblance in size and shape. Our northern climate in New Hampshire is great for producing parsnips! Here, they can grow to the size of large carrots and are enjoyed for their nutty, slightly sweet and spicy flavor.

Milk included with all lunches. Choices include FF Chocolate, FF White and 1% white.	1 	2 Chicken Alfredo Served over WG Penne Steamed Italian Blend Veggie Bar W/Carrots Fruit Bar W/ Mixed Fruit Milk	3 WG Stuffed Crust Pizza Mixed Greens W/ Lite Ranch Parsnip Hummus & Celery Fruit Bar W/ Grapes Pudding Milk	4 Hamburg Patty Served on WG Roll Tator Tots Veggie Bar W/ Lettuce, Tomato & Pickle Milk
	Turkey & Cheese or Tuna Sandwiches / Cheese, Legume or Chef Salads			
7 WG Chicken Fries WG Garlic Bread Tossed Salad Veggie Bar W/ Cuke Spears Fruit Bar W/ Apples Milk	8 Beef Nachos Served W/ WG Corn Chips Spicy Beans Veggie Bar W/ Lettuce, Salsa & Avocado Dip Fruit Bar W/ Pineapple Milk	9 Ham & Cheddar Quiche WG French Toast Sticks Sweet Potato & Parsnip Hash Veggie Bar W/ Broccoli Salad Fruit Bar W/ Juice Milk	10 WG Jaguar Pizza Caesar Salad Veggie Bar W/ Green Peas Fruit Bar W/ Grapes WG Cookie Milk	11 WG Crusted Fish Sticks Oven Baked Smiley Fries WG Roll Veggie Bar W/ Slaw Fruit Bar W/ Oranges Milk
Turkey & Cheese or Ham & Cheese Sandwiches / Cheese, Legume or Crispy Chicken Salads				
14 Scratch Made Sloppy Joe Served on WG Roll Honey Roasted Parsnips & Carrots Veggie Bar W/ Buffalo Cauliflower Fruit Bar W/ Raisins Milk	15 Chicken Quesadilla Corn & Black Bean Succotash Veggie Bar W/ Salsa & Pepper Strips Fruit Bar W/ Cantaloupe Milk	16 Turkey Noodle Soup WG Turkey, Bacon Ranch Flatbread Mixed Greens W/ Lite Ranch Fruit Bar W/ Oranges Milk	17 WG Cheese Pizza Wedge Tossed Salad Veggie Bar W/ Parsnip Sticks & Dip Fruit Bar W/ Mixed Fruit Mixed Berry Shortcake Milk	18 No School Teachers Workshop 
Turkey & Cheese or Roast Beef Sandwiches / Cheese, Legume or Asian Chicken Salads				
21 No School Civil Rights Day	22 Pork Chili Served W/ WG Corn Chips Veggie Bar W/ Mixed Greens & Lite Ranch Fruit Bar W/ Peaches Milk	23 WG Penne W/ Meat Sauce Seasoned Green Beans Veggie Bar W/ Carrots Fruit Bar W/ Honey Dew Milk	24 WG Jaguar Pizza Spinach & Bacon Salad Veggie Bar W/ Parsnip Chips Fruit Bar W/ Grapes Frozen Juice Cup	25 WG Chicken & Waffle Roasted Red Potato Veggie Bar W/ Slaw Fruit Bar W/ Craisins Milk
Turkey & Cheese or Ham & Cheese Sandwiches/ Cheese, Legume or Chicken Cesar Salads				
28 Ham & Cheese Served on WG Pretzel Bun Smiley Fries Veggie Bar W/ Lettuce, Tomato & Celery Fruit Bar W/ Kiwi Milk	29 Chicken Nachos Served W/ WG Corn Chips Refried Beans Veggie Bar W/ Lettuce & Salsa Fruit Bar W/ Pears Milk	30 Sticker Day Local Beef Beef Stew W/ Parsnips WG Biscuit Veggie Bar W/ Broccoli Fruit Bar W/ Applesauce Milk	31 WG Cheese Pizza Mixed Greens W/ Lite Italian Veggie Bar W/ Jicama Fruit Bar W/ Oranges WG Cookie Milk	This institution is an equal opportunity provider
Turkey & Cheese or Egg Salad Sandwiches/ Cheese, Legume or Buffalo Chicken Salads				



Breakfast January 2019

Student Price = \$1.50 , Reduced Price .30/ Adult Price = \$2.00

Ala Carte Milk = \$.50



Breakfast Is Grab & GO – Students should come directly from bus or student drop off. Skim and 1% white milk available for breakfast.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Cinamon Bun Or WG Cereal Both Served W/ Fruit Choice & Milk	WG Mini Maple Pancakes Or WG Cereal & 4oz Yogurt Both Served W/ (2) Fruit Choices & Milk	4 oz Yogurt W/WG Muffin Or WG Cereal Both Served W/ Fruit Choice & Milk	WG Mini Maple Pancakes Or WG Cereal & 4oz Yogurt Both Served W/ (2) Fruit Choices & Milk	WG Cinamon Bun Or WG Cereal W/ WG Muffin Both Served W/ (2) Fruit Choices & Milk

- Check the **School Nutrition** portion of the school website for **menues, Wellness and Charging policies and procedures** along with **Free & Reduced applications** and how to create an **online account with EZSchool Pay**.
- The January “Harvest of the Month” is Parsnip. You will see it once a week on our menu.
- January 30th is this month’s sticker day. Students that participate in school lunch that day are eligible for a possible prize bag. A random sticker is placed on the bottom of a tray in each grade and that person wins a prize.
- January 30th we will feature local beef in our scrath made beef stew.

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(1) mail: US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov

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