



MARCH 2025

W.T. SAMPSON UPK LUNCH

2024-2025 Meal Prices	
UPK	\$3.50
UPK Reduced	\$0.40

MONDAY 3

Beef + Broccoli
 Fried Rice
 Variety of Fruit
 Seasoned Green Beans
 Honey Glazed Carrots
 Choice of White Milk

TUESDAY 4

Chicken Alfredo
 Variety of Fruit
 Seasoned Roasted Broccoli
 Seasoned Corn
 Choice of White Milk

WEDNESDAY 5

Nachos Supreme
 Variety of Fruit
 Seasoned Black Beans
 Shredded Lettuce +
 Tomato
 Choice of White Milk

THURSDAY 6

Hummus Snack Pack
 Variety of Fruit
 Tater Tots
 Sliced Cucumbers
 Choice of White Milk

FRIDAY 7

Hamburger
 Variety of Fruit
 Romaine Side Salad
 Crinkle Cut Fries
 Choice of White Milk

MONDAY 10

Pasta w/ Meatballs
 Variety of Fruit
 Seasoned Green Beans
 Honey Glazed Carrots
 Choice of White Milk

TUESDAY 11

Chicken Parmesan w/
 Breadstick
 Variety of Fruit
 Seasoned Roasted Broccoli
 Seasoned Corn
 Choice of White Milk

WEDNESDAY 12

Soft Tacos
 Variety of Fruit
 Seasoned Black Beans
 Shredded Lettuce +
 Tomato
 Choice of White Milk

THURSDAY 13

Chicken + Waffles
 Variety of Fruit
 Tater Tots
 Sliced Cucumbers
 Choice of White Milk

FRIDAY 14



MONDAY 17

Chicken Nuggets
 Breadstick
 Variety of Fruit
 Mashed Potatoes
 Honey Glazed Carrots
 Choice of White Milk



TUESDAY 18

Sloppy Joe
 Variety of Fruit
 Seasoned Roasted Broccoli
 Seasoned Corn
 Choice of White Milk

WEDNESDAY 19

Bean & Cheese Burrito
 Variety of Fruit
 Seasoned Black Beans
 Shredded Lettuce +
 Tomato
 Choice of White Milk

THURSDAY 20

Breakfast for Lunch
 Variety of Fruit
 Tater Tots
 Sliced Cucumbers
 Choice of White Milk

FRIDAY 21



MONDAY 24

Beef + Broccoli
 Fried Rice
 Variety of Fruit
 Seasoned Green Beans
 Honey Glazed Carrots
 Choice of White Milk

TUESDAY 25

Chicken Alfredo
 Variety of Fruit
 Seasoned Roasted Broccoli
 Seasoned Corn
 Choice of White Milk

WEDNESDAY 26

Nachos Supreme
 Variety of Fruit
 Seasoned Black Beans
 Shredded Lettuce +
 Tomato
 Choice of White Milk

THURSDAY 27

Hummus Snack Pack
 Variety of Fruit
 Tater Tots
 Sliced Cucumbers
 Choice of White Milk

FRIDAY 28

Hamburger
 Variety of Fruit
 Romaine Side Salad
 Crinkle Cut Fries
 Choice of White Milk

MONDAY 31

Pasta w/ Meatballs
 Variety of Fruit
 Seasoned Green Beans
 Honey Glazed Carrots
 Choice of White Milk

UPK is served Family Style*
Family Style Mean:

- Children eat in their classrooms
- Everyone eats the same food
- Children serve themselves

Family Style Promotes:

- Physical, social and emotional development
- Decision making skills, Sharing

Menu subject to change based on availability

<https://www.mynavyexchange.com/studentmealprogram/>



MARCH 2025

W.T. SAMPSON ES LUNCH

2024-2025 Meal Prices	
Grades K-5	\$3.50
Grades 6-12	\$3.75
Reduced (all grades)	\$0.40

2024-2025 A la Carte Prices	
Adult Lunch	\$7.00
Lunch + Add'l Entree	\$2.25
Extra Fruit/Veggie	\$1.00
Extra Milk	\$1.00

MONDAY 3

- (1) Beef + Broccoli
- (2) Orange Chicken
- Fried Rice (w/ either entrée)
- Variety of Fruit
- Seasoned Green Beans
- Honey Glazed Carrots
- Variety of Milk

TUESDAY 4

- (1) Chicken Alfredo
- (2) Turkey Club Sub
- Variety of Fruit
- Seasoned Roasted Broccoli
- Seasoned Corn
- Variety of Milk

WEDNESDAY 5

- (1) Nachos Supreme
- (2) Taco Salad
- Variety of Fruit
- Seasoned Black Beans
- Shredded Lettuce + Tomato
- Variety of Milk

THURSDAY 6

- (1) Bacon, Egg & Cheese Croissant
- (2) Hummus Snack Pack
- Variety of Fruit
- Tater Tots
- Sliced Cucumbers
- Variety of Milk

FRIDAY 7

- (1) Whole Grain Pizza
- (2) Hamburger
- Variety of Fruit
- Romaine Side Salad
- Crinkle Cut Fries
- Variety of Milk

MONDAY 10

- (1) Teriyaki Chicken w/ Rice
- (2) Pasta w/ Meatballs
- Variety of Fruit
- Seasoned Green Beans
- Honey Glazed Carrots
- Variety of Milk

TUESDAY 11

- (1) Chicken Parmesan w/ Breadstick
- (2) Ham & Cheese Sandwich
- Variety of Fruit
- Seasoned Roasted Broccoli
- Seasoned Corn
- Variety of Milk

WEDNESDAY 12

- (1) Soft Tacos
- (2) Cheese Quesadilla
- Variety of Fruit
- Seasoned Black Beans
- Shredded Lettuce + Tomato
- Variety of Milk

THURSDAY 13

- (1) Chicken + Waffles
- (2) Grilled Cheese
- Variety of Fruit
- Tater Tots
- Sliced Cucumbers
- Variety of Milk

FRIDAY 14



MONDAY 17

- (1) Chicken Nuggets
- (2) Cheese Lasagna
- Variety of Fruit
- Mashed Potatoes
- Honey Glazed Carrots
- Variety of Milk



TUESDAY 18

- (1) Corn Dog
- (2) Sloppy Joe
- Variety of Fruit
- Seasoned Roasted Broccoli
- Seasoned Corn
- Variety of Milk

WEDNESDAY 19

- (1) Bean & Cheese Burrito
- (2) Chicken Fajitas
- Variety of Fruit
- Seasoned Black Beans
- Shredded Lettuce + Tomato
- Variety of Milk

THURSDAY 20

- (1) Ham & Cheese Croissant
- (2) Breakfast for Lunch
- Variety of Fruit
- Tater Tots
- Sliced Cucumbers
- Variety of Milk

FRIDAY 21



MONDAY 24

- (1) Beef + Broccoli
- (2) Orange Chicken
- Fried Rice (w/ either entrée)
- Variety of Fruit
- Seasoned Green Beans
- Honey Glazed Carrots
- Variety of Milk

TUESDAY 25

- (1) Chicken Alfredo
- (2) Turkey Club Sub
- Variety of Fruit
- Seasoned Roasted Broccoli
- Seasoned Corn
- Variety of Milk

WEDNESDAY 26

- (1) Nachos Supreme
- (2) Taco Salad
- Variety of Fruit
- Seasoned Black Beans
- Shredded Lettuce + Tomato
- Variety of Milk

THURSDAY 27

- (1) Bacon, Egg & Cheese Croissant
- (2) Hummus Snack Pack
- Variety of Fruit
- Tater Tots
- Sliced Cucumbers
- Variety of Milk

FRIDAY 28

- (1) Whole Grain Pizza
- (2) Hamburger
- Variety of Fruit
- Romaine Side Salad
- Crinkle Cut Fries
- Variety of Milk

MONDAY 31

- (1) Teriyaki Chicken w/ Rice
- (2) Pasta w/ Meatballs
- Variety of Fruit
- Seasoned Green Beans
- Honey Glazed Carrots
- Variety of Milk

MAKE A COMPLETE MEAL:

Entrees: Choose One

*Fruit: Choose One OR Two

*Vegetables: Choose One OR Two

Milk: Choose One

Must Choose a Fruit OR Vegetable

NOTE: Students are permitted **one complete meal**. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit or vegetable will be charged full price.

Menu subject to change based on availability

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Extra Fruit/Veggie	\$1.00
Extra Milk	\$1.00

MONDAY 3

- (1) Beef + Broccoli
- (2) Orange Chicken
- Fried Rice (w/ either entrée)
- Variety of Fruit
- Seasoned Green Beans
- Honey Glazed Carrots
- Variety of Milk

TUESDAY 4

- (1) Chicken Alfredo w/ Breadstick
- (2) Turkey Club Sub
- Variety of Fruit
- Seasoned Roasted Broccoli
- Seasoned Corn
- Variety of Milk

WEDNESDAY 5

- (1) Nachos Supreme
- (2) Taco Salad
- Variety of Fruit
- Seasoned Black Beans
- Shredded Lettuce + Tomato
- Variety of Milk

THURSDAY 6

- (1) Bacon, Egg & Cheese Croissant
- (2) Crispy Chicken Sandwich
- Variety of Fruit
- Tater Tots
- Sliced Cucumbers
- Variety of Milk

FRIDAY 7

- (1) Whole Grain Pizza
- (2) Cheeseburger
- Variety of Fruit
- Romaine Side Salad
- Crinkle Cut Fries
- Variety of Milk

MONDAY 10

- (1) Teriyaki Chicken w/ Rice
- (2) Pasta w/ Meatballs & Breadstick
- Variety of Fruit
- Seasoned Green Beans
- Honey Glazed Carrots
- Variety of Milk

TUESDAY 11

- (1) Chicken Parmesan w/ Breadstick
- (2) Ham & Cheese Sandwich
- Variety of Fruit
- Seasoned Roasted Broccoli
- Seasoned Corn
- Variety of Milk

WEDNESDAY 12

- (1) Soft Tacos
- (2) Cheese Quesadilla
- Variety of Fruit
- Seasoned Black Beans
- Shredded Lettuce + Tomato
- Variety of Milk

THURSDAY 13

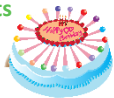
- (1) Chicken + Waffles
- (2) Grilled Cheese
- Variety of Fruit
- Tater Tots
- Sliced Cucumbers
- Variety of Milk

FRIDAY 14



MONDAY 17

- (1) Chicken Nuggets
- (2) Cheese Lasagna
- Breadstick (w/ either entrée)
- Variety of Fruit
- Mashed Potatoes
- Honey Glazed Carrots
- Variety of Milk



TUESDAY 18

- (1) Corn Dog
- (2) Sloppy Joe
- Variety of Fruit
- Seasoned Roasted Broccoli
- Seasoned Corn
- Variety of Milk

WEDNESDAY 19

- (1) Bean & Cheese Burrito
- (2) Chicken Fajitas
- Spanish Rice (w/ either entrée)
- Variety of Fruit
- Seasoned Black Beans
- Shredded Lettuce + Tomato
- Variety of Milk

THURSDAY 20

- (1) Ham & Cheese Croissant
- (2) Breakfast for Lunch
- Variety of Fruit
- Tater Tots
- Sliced Cucumbers
- Variety of Milk

FRIDAY 21

- (1) Macaroni + Cheese
- (2) Italian Meatball Sub
- Variety of Fruit
- Romaine Side Salad
- Crinkle Cut Fries
- Variety of Milk

MONDAY 24

- (1) Beef + Broccoli
- (2) Orange Chicken
- Fried Rice (w/ either entrée)
- Variety of Fruit
- Seasoned Green Beans
- Honey Glazed Carrots
- Variety of Milk

TUESDAY 25

- (1) Chicken Alfredo w/ Breadstick
- (2) Turkey Club Sub
- Variety of Fruit
- Seasoned Roasted Broccoli
- Seasoned Corn
- Variety of Milk

WEDNESDAY 26

- (1) Nachos Supreme
- (2) Taco Salad
- Variety of Fruit
- Seasoned Black Beans
- Shredded Lettuce + Tomato
- Variety of Milk

THURSDAY 27

- (1) Bacon, Egg & Cheese Croissant
- (2) Crispy Chicken Sandwich
- Variety of Fruit
- Tater Tots
- Sliced Cucumbers
- Variety of Milk

FRIDAY 28

- (1) Whole Grain Pizza
- (2) Cheeseburger
- Variety of Fruit
- Romaine Side Salad
- Crinkle Cut Fries
- Variety of Milk

MONDAY 31

- (1) Teriyaki Chicken w/ Rice
- (2) Pasta w/ Meatballs & Breadstick
- Variety of Fruit
- Seasoned Green Beans
- Honey Glazed Carrots
- Variety of Milk

MAKE A COMPLETE MEAL:

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