

### **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**

Variety of Fruit Seasoned Roasted Broccoli **Seasoned Corn Choice of White Milk** 

**Chicken Alfredo** 

#### **WEDNESDAY 5**

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

**Nachos Supreme** 

#### **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/

**Choice of White Milk** 

**Breadstick** Variety of Fruit **Seasoned Roasted Broccoli Seasoned Corn** 

#### **WEDNESDAY 12**

**Soft Tacos** 

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

**WEDNESDAY 19** 

**Bean & Cheese Burrito** 

**Seasoned Black Beans** 

Shredded Lettuce +

Variety of Fruit

**Tomato** 

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

**THURSDAY 20** 

**Breakfast for Lunch** 

Variety of Fruit

**Sliced Cucumbers** 

**Choice of White Milk** 

**Tater Tots** 

**THURSDAY 13** 

#### FRIDAY 14







### **MONDAY 17**

**Chicken Nuggets Breadstick** Variety of Fruit **Mashed Potatoes Honey Glazed Carrots** 

## **MONDAY 24**

**Choice of White Milk** 

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

#### **TUESDAY 18**

Sloppy Joe Variety of Fruit Seasoned Roasted Broccoli

Seasoned Corn **Choice of White Milk** 

**TUESDAY 25** 

**Seasoned Roasted Broccoli** 

**Chicken Alfredo** 

Variety of Fruit

**Seasoned Corn** 

**Choice of White Milk** 

**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	\$3.50 \$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

#### **MONDAY 10**

Variety of Milk

Variety of Milk

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

## MONDAY 17

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

#### **MONDAY 24**

(2) Orange Chicken
Fried Rice (w/ either entrée)
Variety of Fruit
Seasoned Green Beans
Honey Glazed Carrots

(1) Beef + Broccoli

Variety of Milk

Variety of Milk

#### **MONDAY 31**

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

### **TUESDAY 4**

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

Seasoned Roasted Broccol Seasoned Corn 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

#### **TUESDAY 18**

(1) Corn Dog

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

#### **TUESDAY 25**

(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

#### **WEDNESDAY 12**

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

## WEDNESDAY 19 (1) Bean & Cheese Burrito

(2) Chicken Fajitas
Variety of Fruit
Seasoned Black Beans
Shredded Lettuce + Tomato
Variety of Milk

#### **WEDNESDAY 26**

(2) Taco Salad Variety of Fruit Seasoned Black Beans Shredded Lettuce + Tomato

(1) Nachos Supreme

#### Croissant

(1) Ham & Cheese

**THURSDAY 20** 

**THURSDAY 6** 

(1) Bacon, Egg & Cheese

(2) Hummus Snack Pack

**THURSDAY 13** 

(1) Chicken + Waffles

(2) Grilled Cheese

**Sliced Cucumbers** 

Variety of Milk

Variety of Fruit

**Tater Tots** 

Croissant

**Tater Tots** 

**Variety of Fruit** 

Variety of Milk

**Sliced Cucumbers** 

(2) Breakfast for Lunch Variety of Fruit Tater Tots Sliced Cucumbers Variety of Milk

(1) Bacon, Egg & Cheese

#### AY 26 THURSDAY 27

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

### FRIDAY 14



#### FRIDAY 21



#### **FRIDAY 28**

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

#### MAKE A COMPLETE MEAL:

Entrees: Choose One
\*Fruit: Choose One OR Two

Variety of Milk

\*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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### **MARCH 2025** W.T. SAMPSON MHS LUNCH

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2024-2025 A la Carte Prices		
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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** 

#### **MONDAY 17**

(2) Cheese Lasagna

#### **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**

**THURSDAY 20** 

(1) Chicken + Waffles

(2) Grilled Cheese

Variety of Fruit

**Tater Tots Sliced Cucumbers** Variety of Milk

(1) Ham & Cheese

Variety of Fruit

**Sliced Cucumbers** 

Variety of Milk

(2) Breakfast for Lunch

Croissant

**Tater Tots** 

#### **FRIDAY 14**



#### **FRIDAY 21**

(1) Macaroni + Cheese

(2) Italian Meatball Sub

Variety of Fruit

**Romaine Side Salad Crinkle Cut Fries** Variety of Milk

(1) Chicken Nuggets

Breadstick (w/either entrée)

**MONDAY 24** 

Fried Rice (w/either entrée)

**Variety of Fruit** 

(1) Beef + Broccoli

(2) Orange Chicken

**Seasoned Green Beans** 

**Honey Glazed Carrots** 

Variety of Fruit

Variety of Milk

**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

**TUESDAY 25** 

**Seasoned Roasted Broccoli** 

(1) Chicken Alfredo w/

(2) Turkey Club Sub

Variety of Fruit

**Seasoned Corn** 

Variety of Milk

**Breadstick** 

#### **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

**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:

**Entrees: Choose One** 

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