






APRIL 2025

W.T. SAMPSON UPK LUNCH

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

MONDAY 7	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Chicken Nuggets Breadstick Variety of Fruit Mashed Potatoes Honey Glazed Carrots Choice of White Milk	Chicken Parmesan w/ Breadstick Variety of Fruit Seasoned Roasted Broccoli Seasoned Corn Choice of White Milk	Soft Tacos Variety of Fruit Seasoned Black Beans Shredded Lettuce + Tomato Choice of White Milk	Chicken + Waffles Variety of Fruit Tater Tots Sliced Cucumbers Choice of White Milk	Whole Grain Pizza Variety of Fruit Romaine Side Salad Crinkle Cut Fries Choice of White Milk
MONDAY 14	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
SPRING BREAK	Sloppy Joe Variety of Fruit Seasoned Roasted Broccoli Seasoned Corn Choice of White Milk	Bean & Cheese Burrito Variety of Fruit Seasoned Black Beans Shredded Lettuce + Tomato Choice of White Milk	Breakfast for Lunch Variety of Fruit Tater Tots Sliced Cucumbers Choice of White Milk 	
MONDAY 21	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Pasta w/ Meatballs Variety of Fruit Seasoned Green Beans Honey Glazed Carrots Choice of White Milk	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
MONDAY 28	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
Chicken Nuggets Breadstick Variety of Fruit Mashed Potatoes Honey Glazed Carrots Choice of White Milk		Soft Tacos Variety of Fruit Seasoned Black Beans Shredded Lettuce + Tomato Choice of White Milk	Chicken + Waffles Variety of Fruit Tater Tots Sliced Cucumbers Choice of White Milk	Whole Grain Pizza Variety of Fruit Romaine Side Salad Crinkle Cut Fries Choice of White Milk
MONDAY 28	TUESDAY 29	WEDNESDAY 30	<div style="border: 2px dashed black; padding: 10px;"> <p>UPK is served Family Style*</p> <p><u>Family Style Mean:</u></p> <ul style="list-style-type: none"> • Children eat in their classrooms • Everyone eats the same food • Children serve themselves <p><u>Family Style Promotes:</u></p> <ul style="list-style-type: none"> • Physical, social and emotional development • Decision making skills, Sharing </div>	
Chicken Nuggets Breadstick Variety of Fruit Mashed Potatoes Honey Glazed Carrots Choice of White Milk	Sloppy Joe Variety of Fruit Seasoned Roasted Broccoli Seasoned Corn Choice of White Milk	Bean & Cheese Burrito Variety of Fruit Seasoned Black Beans Shredded Lettuce + Tomato Choice of White Milk		



APRIL 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

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.

TUESDAY 1

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

WEDNESDAY 2

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

THURSDAY 3

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

FRIDAY 4

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

MONDAY 7

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

TUESDAY 8

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

WEDNESDAY 9

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

THURSDAY 10

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



FRIDAY 11



MONDAY 14



TUESDAY 15



WEDNESDAY 16



THURSDAY 17



FRIDAY 18



MONDAY 21

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

TUESDAY 22



WEDNESDAY 23

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

THURSDAY 24

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

FRIDAY 25

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

MONDAY 28

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

TUESDAY 29

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

WEDNESDAY 30

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

Menu subject to change based on availability

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

APRIL 2025

W.T. SAMPSON MHS 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	
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***Vegetables: Choose One OR Two**
Milk: Choose One
Must Choose a Fruit OR Vegetable

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TUESDAY 1

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

WEDNESDAY 2

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

THURSDAY 3

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

FRIDAY 4

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

MONDAY 7

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

TUESDAY 8

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

WEDNESDAY 9

- (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 10

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



FRIDAY 11



MONDAY 14



TUESDAY 15



WEDNESDAY 16



THURSDAY 17



FRIDAY 18



MONDAY 21

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

TUESDAY 22



WEDNESDAY 23

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

THURSDAY 24

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

FRIDAY 25

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

MONDAY 28

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

TUESDAY 29

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

WEDNESDAY 30

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

Menu subject to change based on availability

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