

Hampton Schools offer Breakfast

Each Meal must Include 3 components, 1 of which MUST be a Fruit, Juice, or Vegetable

Breakfast Sandwich Meal



- ◆ Sandwich (equals 2 plus components)
- ◆ Fruit (please take a minimum of ONE=1component)
- ◆ Milk (available but not required= 1 component)



Cereal Meal



- ◆ Cereal (1 Cup=2 components) Or (1Bowl=1 component)
- ◆ Fruit (please take a minimum of ONE=1component)
- ◆ Milk (available but not required= 1 component)



Muffin Meal



- ◆ Muffin (1 Large=2 components) Or (1 Small=1 component)
- ◆ Fruit (please take a minimum of ONE=1component)
- ◆ Milk (available but not required= 1 component)