



APRIL 2024

W.T. SAMPSON ELEMENTARY LUNCH

2023-2024 Meal Prices
 Grades K-5: \$3.50
 Grades 6-12: \$3.75
 Reduced (all grades): \$0.40

MONDAY 1

- (1) Jerk Chicken w/ Rice OR
- (2) Spaghetti w/ Meat sauce
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

MONDAY 8

- (1) Chicken Tenders w/ Breadstick OR
- (2) Lasagna w/ Breadstick
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

MONDAY 15

- (1) Jerk Chicken w/ Rice OR
- (2) Spaghetti w/ Meat sauce
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

MONDAY 22

- (1) Chicken Tenders w/ Breadstick OR
- (2) Lasagna w/ Breadstick
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

MONDAY 29

- (1) Jerk Chicken w/ Rice OR
- (2) Spaghetti w/ Meat sauce
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

TUESDAY 2

- (1) Chicken + Waffles OR
- (2) Yogurt + Granola Parfait
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

TUESDAY 9

- (1) Breakfast for Lunch OR
- (2) Ham and Cheese Croissant
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

TUESDAY 16

- (1) Chicken + Waffles OR
- (2) Yogurt + Granola Parfait
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

TUESDAY 23

- (1) Breakfast for Lunch OR
- (2) Ham and Cheese Croissant
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

TUESDAY 30

- (1) Chicken + Waffles OR
- (2) Yogurt + Granola Parfait
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

WEDNESDAY 3

- (1) Tacos w/ Spanish Rice OR
- (2) Cheese Quesadilla w/ Spanish Rice
- Variety of Fruits**
- Pinto Beans
- Taco Trimmings
- Choice of Milk

WEDNESDAY 10

- (1) Chicken Burrito Rice Bowl OR
- (2) Nachos Supreme
- Variety of Fruits**
- Pinto Beans
- Taco Trimmings
- Choice of Milk

WEDNESDAY 17

- (1) Tacos w/ Spanish Rice OR
- (2) Cheese Quesadilla w/ Spanish Rice
- Variety of Fruits**
- Pinto Beans
- Taco Trimmings
- Choice of Milk

WEDNESDAY 24

No School

THURSDAY 4

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Sunbutter & Jelly Sandwich
- Variety of Fruits**
- Seasoned Green Beans
- Sliced Cucumbers w/ Ranch
- Choice of Milk

THURSDAY 11

- (1) Corndogs OR
- (2) Grilled Cheese
- Variety of Fruits**
- Seasoned Green Beans
- Sliced Cucumbers w/ Ranch
- Choice of Milk

THURSDAY 18

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Sunbutter & Jelly Sandwich
- Variety of Fruits**
- Seasoned Green Beans
- Sliced Cucumbers w/ Ranch
- Choice of Milk

THURSDAY 25

- (1) Corndogs OR
- (2) Grilled Cheese
- Variety of Fruits**
- Seasoned Green Beans
- Sliced Cucumbers w/ Ranch
- Choice of Milk

FRIDAY 5

- (1) Pizza OR
- (2) Hamburger or Cheeseburger
- Variety of Fruits**
- Romaine Side Salad
- Crinkle Cut Fries
- Choice of Milk

FRIDAY 12

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

FRIDAY 19

- (1) Pizza OR
- (2) Hamburger or Cheeseburger
- Variety of Fruits**
- Romaine Side Salad
- Crinkle Cut Fries
- Choice of Milk

FRIDAY 26

- (1) Macaroni + Cheese OR
- (2) Italian Meatball Sub
- Variety of Fruits**
- Romaine Side Salad
- Crinkle Cut Fries
- Choice 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



APRIL 2024

W.T. SAMPSON MIDDLE/HIGH LUNCH

2023-2024 Meal Prices	
Grades K-5:	\$3.50
Grades 6-12:	\$3.75
Reduced (all grades):	\$0.40

MONDAY 1

- (1) Jerk Chicken w/ Rice & Roll OR
- (2) Spaghetti w/ Meat sauce & Roll
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

MONDAY 8

- (1) Chicken Tenders w/ Breadstick OR
- (2) Lasagna w/ Breadstick
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

MONDAY 15

- (1) Jerk Chicken w/ Rice & Roll OR
- (2) Spaghetti w/ Meat sauce & Roll
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

MONDAY 22

- (1) Chicken Tenders w/ Breadstick OR
- (2) Lasagna w/ Breadstick
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

MONDAY 29

- (1) Jerk Chicken w/ Rice & Roll OR
- (2) Spaghetti w/ Meat sauce & Roll
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

TUESDAY 2

- (1) Chicken + Waffles OR
- (2) Yogurt + Granola Parfait
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

TUESDAY 9

- (1) Breakfast for Lunch OR
- (2) Ham and Cheese Croissant
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

TUESDAY 16

- (1) Chicken + Waffles OR
- (2) Yogurt + Granola Parfait
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

TUESDAY 23

- (1) Breakfast for Lunch OR
- (2) Ham and Cheese Croissant
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

TUESDAY 30

- (1) Chicken + Waffles OR
- (2) Yogurt + Granola Parfait
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

WEDNESDAY 3

- (1) Tacos w/ Spanish Rice OR
- (2) Cheese Quesadilla w/ Spanish Rice
- Variety of Fruits**
- Pinto Beans
- Taco Trimmings
- Choice of Milk

WEDNESDAY 10

- (1) Chicken Burrito Rice Bowl OR
- (2) Nachos Supreme
- Variety of Fruits**
- Pinto Beans
- Taco Trimmings
- Choice of Milk

WEDNESDAY 17

- (1) Tacos w/ Spanish Rice OR
- (2) Cheese Quesadilla w/ Spanish Rice
- Variety of Fruits**
- Pinto Beans
- Taco Trimmings
- Choice of Milk

WEDNESDAY 24

No School

THURSDAY 4

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Sloppy Joe
- Variety of Fruits**
- Seasoned Green Beans
- Sliced Cucumbers w/ Ranch
- Choice of Milk

THURSDAY 11

- (1) Corndogs OR
- (2) Grilled Cheese
- Variety of Fruits**
- Seasoned Green Beans
- Sliced Cucumbers w/ Ranch
- Choice of Milk

THURSDAY 18

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Sloppy Joe
- Variety of Fruits**
- Seasoned Green Beans
- Sliced Cucumbers w/ Ranch
- Choice of Milk

THURSDAY 25

- (1) Corndogs OR
- (2) Grilled Cheese
- Variety of Fruits**
- Seasoned Green Beans
- Sliced Cucumbers w/ Ranch
- Choice of Milk

FRIDAY 5

- (1) Pizza OR
- (2) Hamburger or Cheeseburger
- Variety of Fruits**
- Romaine Side Salad
- Crinkle Cut Fries
- Choice of Milk

FRIDAY 12

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

FRIDAY 19

- (1) Pizza OR
- (2) Hamburger or Cheeseburger
- Variety of Fruits**
- Romaine Side Salad
- Crinkle Cut Fries
- Choice of Milk

FRIDAY 26

- (1) Macaroni + Cheese OR
- (2) Italian Meatball Sub
- Variety of Fruits**
- Romaine Side Salad
- Crinkle Cut Fries
- Choice 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.

APRIL 2024

SURE START LUNCH

MONDAY 1

Pasta w/ Meat Sauce
Variety of Fruits
 Seasoned Roasted Broccoli
 Honey Glazed Carrots
 Choice of Milk

MONDAY 8

Chicken Tenders w/ Breadstick
Variety of Fruits
 Seasoned Roasted Broccoli
 Honey Glazed Carrots
 Choice of Milk

MONDAY 15

Pasta w/ Meat Sauce
Variety of Fruits
 Seasoned Roasted Broccoli
 Honey Glazed Carrots
 Choice of Milk

MONDAY 22

Chicken Tenders w/ Breadstick
Variety of Fruits
 Seasoned Roasted Broccoli
 Honey Glazed Carrots
 Choice of Milk

MONDAY 29

Pasta w/ Meat Sauce
Variety of Fruits
 Seasoned Roasted Broccoli
 Honey Glazed Carrots
 Choice of Milk

TUESDAY 2

Chicken + Waffles
Variety of Fruits
 Oven Baked Tater Tots
 Choice of Milk

TUESDAY 9

Breakfast for Lunch
Variety of Fruits
 Oven Baked Tater Tots
 Choice of Milk

TUESDAY 16

Chicken + Waffles
Variety of Fruits
 Oven Baked Tater Tots
 Choice of Milk

TUESDAY 23

Breakfast for Lunch
Variety of Fruits
 Oven Baked Tater Tots
 Choice of Milk

TUESDAY 30

Chicken + Waffles
Variety of Fruits
 Oven Baked Tater Tots
 Choice of Milk

WEDNESDAY 3

Cheese Quesadilla w/ Spanish Rice
Variety of Fruits
 Pinto Beans
 Taco Trimmings
 Choice of Milk

WEDNESDAY 10

Chicken Burrito Rice Bowl
Variety of Fruits
 Pinto Beans
 Taco Trimmings
 Choice of Milk

WEDNESDAY 17

Cheese Quesadilla w/ Spanish Rice
Variety of Fruits
 Pinto Beans
 Taco Trimmings
 Choice of Milk

WEDNESDAY 24

No School

THURSDAY 4

No School

THURSDAY 11

Grilled Cheese
Variety of Fruits
 Seasoned Green Beans
 Sliced Cucumbers w/ Ranch
 Choice of Milk

THURSDAY 18

BBQ Chicken w/ Corn Muffin
Variety of Fruits
 Seasoned Green Beans
 Sliced Cucumbers w/ Ranch
 Choice of Milk

THURSDAY 25

Grilled Cheese
Variety of Fruits
 Seasoned Green Beans
 Sliced Cucumbers w/ Ranch
 Choice of Milk

FRIDAY 5

No School

FRIDAY 12

Macaroni + Cheese
Variety of Fruits
 Romaine Side Salad
 Crinkle Cut Fries
 Choice of Milk

FRIDAY 19

Pizza
Variety of Fruits
 Romaine Side Salad
 Crinkle Cut Fries
 Choice of Milk

FRIDAY 26

Macaroni + Cheese
Variety of Fruits
 Romaine Side Salad
 Crinkle Cut Fries
 Choice of Milk

2023-2024 Meal Prices

Grades K-5:	\$3.50
Grades 6-12:	\$3.75
Reduced (all grades):	\$0.40
Sure Start:	Free

Sure Start lunch is served family style

Family Style Means:

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

Family Style Promotes:

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