May/June 2022

Metz CULINARY MANAGEMENT

Hampton Middle School Lunch Menu

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, fat-free white, chocolate, vanilla, strawberry and lactose free

Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy - potatoes, corn, peas & lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home

Daily entrée options may include:
Cheeseburger or Hamburger on a Bun
Chicken Patty on a Bun
Spicy Chicken Patty on a Bun

UP FOR GRABs

Crispy Chicken Salad with Rolls
Garden Salad with Rolls

DAILY PIZZA MAY INCLUDE

Cheese
Pepperoni
Buffalo Chicken
White
Meat Lovers

All students are eligible for a free meal.

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

Mindy Baginski, Food Service Director
412-492-6390
metzfoodservice@ht-sd.org

USDA is an equal opportunity provider and employer.

If interested in working in the cafeteria, please call: 412-492-6390

Please make checks payable to: HTSD Cafeteria Fund

Money may also be deposited into your child's account online @ www.PayForIt.net

Lunch Prices
Student $2.70
Reduced $.40
Adult $3.75

Monday	Tuesday	Wednesday	Thursday	Friday
9 Chicken Tenderloins with a Dinner Roll or Alternate Entrees Featured Vegetable French Fries Choice of Milk	**10** Hot Italian Hoagie or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk	**11** Walking Taco or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk	**12** Pasta with Meat Sauce Garlic Bread Stick or Alternate Entrees Featured Vegetable Steamed Mixed Veggies Choice of Milk	**13** Cheese Pizza Sticks with Dipping Sauce or Alternate Entrees Featured Vegetable Side Garden Salad Choice of Milk
16 French Toast Sticks/Sausage or Alternate Entrees Featured Vegetable Potato Triangle Choice of Milk	**17** Chicken Mashed Potato Bowl with a Dinner Roll or Alternate Entrees Featured Vegetable Mashed Potatoes/Corn Choice of Milk	**18** Beef Soft Taco or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk	**19** Chicken Parmesan Over Noodles or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk	**20** Pepperoni Roll with Sauce or Alternate Entrees Featured Vegetable Cole Slaw Choice of Milk
23 Steak and Cheese Flatbread or Alternate Entrees Featured Vegetable French Fries Choice of Milk	**24** General Tso's Chicken Over Rice or Alternate Entrees Featured Vegetable Steamed Broccoli Choice of Milk	**25** BBQ Ribby On a Bun or Alternate Entrees Featured Vegetable Cole Slaw Choice of Milk	**26** Hot Dog on a Bun or Alternate Entrees Featured Vegetable Baked Beans Choice of Milk	**27** Cheese Pizza Sticks with Dipping Sauce or Alternate Entrees Featured Vegetable Green Beans Choice of Milk
30 No School Memorial Day	**31** Mini Corn Dogs or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk	**1** Turkey, Bacon, Cheese On a Pretzel Roll or Alternate Entrees Featured Vegetable Steamed Mixed Veggies Choice of Milk	**2** Pasta with Meat Sauce Garlic Bread Stick or Alternate Entrees Featured Vegetable Ranchero Carrots Choice of Milk	**3** Pepperoni Roll with Sauce or Alternate Entrees Featured Vegetable French Fries Choice of Milk
6 Cook's Choice or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk	**7** Cook's Choice or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk	**8** Cook's Choice or Alternate Entrees Featured Vegetable Steamed Carrots Choice of Milk	**9** 1/2 Day	**10** Last Day of School