

May/June
2022



Metz
CULINARY MANAGEMENT

**Hampton High 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

Monday	Tuesday	Wednesday	Thursday	Friday
9 Steak and Cheese Wrap or Alternate Entrees Featured Vegetable Baked Beans Choice of Milk	10 Pasta with Meat Sauce Garlic Bread Stick or Alternate Entrees Featured Vegetable Steamed Broccoli Choice of Milk	11 Chicken Tenders with a Dinner Roll or Alternate Entrees Featured Vegetable French Fries Choice of Milk	12 Beef Burrito Spanish Rice or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk	13 Cheese Pizza Sticks with Dipping Sauce or Alternate Entrees Featured Vegetable French Fries Choice of Milk
16 BBQ Chicken, Bacon & Cheese Wrap or Alternate Entrees Featured Vegetable French Fries Choice of Milk	17 Chicken Parmesan Over Noodles or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk	18 Pierogis with a Roll or Alternate Entrees Featured Vegetable Rancho Carrots Choice of Milk	19 Turkey Reuben On a Ciabatta Roll or Alternate Entrees Featured Vegetable Steamed Mixed Veggies Choice of Milk	20 Asian Sesame Chicken Over Rice or Alternate Entrees Featured Vegetable Steamed Broccoli Choice of Milk
23 Walking Taco or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk	24 Pasta with Meat Sauce Garlic Bread Stick or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk	25 Turkey, Bacon & Cheese Bagel or Alternate Entrees Featured Vegetable Tator Tots Choice of Milk	26 French Toast Sticks/Sausage or Alternate Entrees Featured Vegetable Potato Triangle Choice of Milk	27 Corn Dog on a Stick or Alternate Entrees Featured Vegetable Steamed Mixed Veggies Choice of Milk
30 No School Memorial Day	31 BBQ Ribby On a Bun or Alternate Entrees Featured Vegetable Baked Beans Choice of Milk	1 BBQ Chicken Sriracha Toaster or Alternate Entrees Featured Vegetable French Fries Choice of Milk	2 General Tso's Chicken Over Rice or Alternate Entrees Featured Vegetable Steamed Broccoli Choice of Milk	3 Pizza Logs with Sauce or Alternate Entrees Featured Vegetable French Fries Choice of Milk
6 Cook's Choice or Alternate Entrees Featured Vegetable Steamed Carrots Choice of Milk	7 Cook's Choice or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk	8 Cook's Choice or Alternate Entrees Featured Vegetable Baby Carrots Choice of Milk	9 Half Day	10 Half Day Last Day of School

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.PayFort.net

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

