

August/September
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

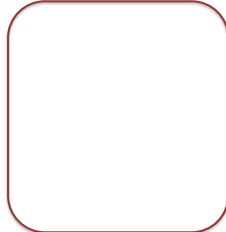
Crispy Chicken Salad with Rolls
Garden Salad with Rolls

DAILY PIZZA MAY INCLUDE

Cheese
Pepperoni
Buffalo Chicken
White
Meat Lovers

**MENU IS SUBJECT TO
CHANGE BASED
ON PRODUCT AVAILABILITY**

Monday



29
Chicken Caesar Salad
Garlic Bread Stick
or
Meatball Hoagie

Featured Vegetable
Oven Baked French Fries

Choice of Milk

5
No School

Labor Day

12
Beef Soft Taco
Spanish Rice
or
Pepperoni and Cheese Hoagie

Featured Vegetable
Steamed Corn

Choice of Milk

19
Mini Corn Dogs
or
BBQ Chicken, Bacon, Cheese
Wrap

Featured Vegetable
French Fries

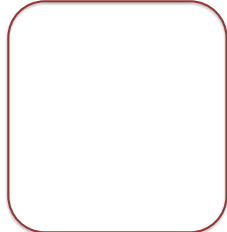
Choice of Milk

26
Build Your Own Burger Bar
or
Italian Toasted Cheese

Featured Vegetable
Baked French Fries

Choice of Milk

Tuesday



30
Nachos Grande
or
Ham and Cheese on a Pretzel

Featured Vegetable
Steamed Corn

Choice of Milk

6
Chicken Tenderloins
Buttered Noodles
or
Turkey Reuben

Featured Vegetable
Cole Slaw

Choice of Milk

13
Pulled Pork and Pepper Jack
Quesadilla
or
Chicken and Cheese Wrap

Featured Vegetable
Cole Slaw

Choice of Milk

20
Nachos Grande
or
Turkey and Cheese on a
Pretzel Roll

Featured Vegetable
Refried Beans

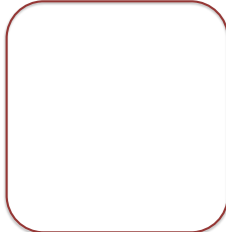
Choice of Milk

27
Nacho Grande
or
Chicken Soft Taco

Featured Vegetable
Steamed Corn

Choice of Milk

Wednesday



31
Toasted Cheese Sandwich
or
Bacon Cheeseburger on a Bun

Featured Vegetable
Tomato Soup

Choice of Milk

7
Pierogi Meal
with a Dinner Roll
or
Grilled Chicken
and Bacon Sandwich

Featured Vegetable
Steamed Carrots

Choice of Milk

14
Popcorn Chicken
Mac and Cheese Bowl
or
Steak and Cheese
On Flat Bread

Featured Vegetable
Steamed Broccoli

Choice of Milk

21
General Tso's Chicken
Over Rice
or
Oven Baked Italian Hoagie

Featured Vegetable
Steamed Broccoli

Choice of Milk

28
French Toast Sticks
with Sausage
or
Sausage and Cheese Bagel

Featured Vegetable
Potato Triangle

Choice of Milk

Thursday

25
Chicken Sticks
with a Dinner Roll
or
BBQ Ribby on a Bun

Featured Vegetable
Baked Beans

Choice of Milk

1
Pasta with Meat Sauce
Garlic Bread Stick
or
Turkey and Cheese Wrap

Featured Vegetable
Steamed Green Beans

Choice of Milk

8
Pasta with Meat Sauce
Garlic Bread Stick
or
Ham and Cheese Wrap

Featured Vegetable
Steamed Corn

Choice of Milk

15
Pasta With Meat Sauce
Bread Stick
or
Ham and Cheese Croissant

Featured Vegetable
Green Beans

Choice of Milk

22
Ravioli with Sauce
Garlic Bread Stick
or
Pizza Burger

Featured Vegetable
Ranchero Carrots

Choice of Milk

29
Pasta with Meat Sauce
Garlic Bread Stick
or
Ham and Cheese Wrap

Featured Vegetable
Steamed Broccoli

Choice of Milk

Friday

26
Cheese Pizza Sticks
with Dipping Sauce
or
BBQ Chicken Patty on a Bun

Featured Vegetable
Steamed Corn

Choice of Milk

2
Pepperoni Roll
with Dipping Sauce
or
Veggie Burger

Featured Vegetable
Steamed Broccoli

Choice of Milk

9
Cheese Pizza Sticks
with Dipping Sauce
or
Buffalo Chicken Hoagie

Featured Vegetable
Steamed Broccoli

Choice of Milk

16
Cheese Pizza Sticks
with Dipping Sauce
or
BBQ Chicken Hoagie

Featured Vegetable
Red Pepper Strips

Choice of Milk

23
Pepperoni Roll
with Dipping Sauce
or
Hot Dog on a Bun

Featured Vegetable
Roasted Cauliflower

Choice of Milk

30
Cheese Pizza Sticks
with Dipping Sauce
or
Buffalo Chicken Flatbread

Featured Vegetable
Ranchero Carrots

Choice of Milk

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 \$2.80
Reduced \$.40
Adult \$3.75

