

August/September
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

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

Mindy Baginski, Food Service Director
412-492-6390

metzfoods@hhsd.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



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 22 Oven Baked Meatball Hoagie or Alternate Entrees Featured Vegetable Oven Baked French Fries Choice of Milk | 23 Cheese Ravioli with Sauce Garlic Bread or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk | 24 Chicken Caesar Salad Garlic Bread Stick or Alternate Entrees Featured Vegetable Oven Baked French Fries Choice of Milk | 25 Chicken Tenders with a Dinner Roll or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk | 26 Cheese Pizza Sticks with Dipping Sauce or Alternate Entrées Featured Vegetable Steamed Broccoli Choice of Milk |
| 29 Oven Baked Meatball Hoagie or Alternate Entrees Featured Vegetable Oven Baked French Fries Choice of Milk | 30 Cheese Ravioli with Sauce Garlic Bread or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk | 31 Chicken Caesar Salad Garlic Bread Stick or Alternate Entrees Featured Vegetable Oven Baked French Fries Choice of Milk | 1 Nachos Grande or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk | 2 Pepperoni Roll with Dipping Sauce or Alternate Entrees Featured Vegetable Chick Pea Salad Choice of Milk |
| 5 No School Labor Day | 6 Pasta with Meat Sauce Garlic Bread Stick or Alternate Entrees Featured Vegetable Roasted Cauliflower Choice of Milk | 7 Pierogi Meal with a Dinner Roll or Alternate Entrees Featured Vegetable Ranchero Carrots Choice of Milk | 8 Chicken Nuggets with a Dinner Roll or Alternate Entrees Featured Vegetable Baked Beans Choice of Milk | 9 Asian Noodle Bowl or Alternate Entrees Featured Vegetable Asian Blend Choice of Milk |
| 12 BBQ Ribby on a Bun or Alternate Entrees Featured Vegetable Baked Beans Choice of Milk | 13 Chicken Alfredo over Pasta Garlic Bread or Alternate Entrees Featured Vegetable Steamed Broccoli Choice of Milk | 14 Chicken Bacon Cheese Wrap or Alternate Entrees Featured Vegetable Cole Slaw Choice of Milk | 15 Beef Soft Taco or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk | 16 Turkey Reuben Sandwich or Alternate Entrees Featured Vegetable Oven Baked French Fries Choice of Milk |
| 19 Pulled Pork/Pepper Jack Cheese Quesadilla or Alternate Entrees Featured Vegetable Ranchero Carrots Choice of Milk | 20 Pasta with Meat Sauce Garlic Bread Stick or Alternate Entrees Featured Vegetable Steamed Broccoli Choice of Milk | 21 Steak and Cheese Flatbread or Alternate Entrees Featured Vegetable Oven Baked French Fries Choice of Milk | 22 Nachos Grande or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk | 23 Smokey Mountain Chicken on a Bun or Alternate Entrees Featured Vegetable Baked Beans Choice of Milk |
| 26 Cowboy Burger or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk | 27 Cajun Chicken Pasta Garlic Bread or Alternate Entrees Featured Vegetable Steamed Broccoli Choice of Milk | 28 French Toast Sticks with Sausage or Alternate Entrees Featured Vegetable Potato Triangle Choice of Milk | 29 Popcorn Chicken/Macaroni And Cheese Bowl or Alternate Entrees Featured Vegetable Side Garden Salad Choice of Milk | 30 Buffalo Chicken Hoagie or Alternate Entrees Featured Vegetable Caesar Salad Choice of Milk |