October/November 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
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 $2.80
Reduced $.40
Adult $3.75

Monday	Tuesday	Wednesday	Thursday	Friday
3 Toasted Cheese Sandwich or Alternate Entrees Featured Vegetable Tomato Soup Choice of Milk	**4** Pasta with Meat Sauce Garlic Bread Stick or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk	**5** Build a Burger Bar or Alternate Entrees Featured Vegetable Onion Rings Choice of Milk	**6** Chicken Tenders with a Dinner Roll or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk	**7** Cheese Pizza Sticks with Dipping Sauce or Alternate Entrées Featured Vegetable Steamed Broccoli Choice of Milk
10 No School	**11** Hot Ham and Cheese on a Pretzel Roll or Alternate Entrees Featured Vegetable Vegetable Soup Choice of Milk	**12** Cheese Stuffed Shells/Sauce Garlic Bread or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk	**13** Nachos Grande or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk	**14** Pepperoni Roll with Dipping Sauce or Alternate Entrees Featured Vegetable Oven Baked French Fries Choice of Milk
17 Chicken Fajita Spanish Rice or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk	**18** Pasta with Meat Sauce Garlic Bread Stick or Alternate Entrees Featured Vegetable Brussel Sprouts Choice of Milk	**19** Pierogi Meal with a Dinner Roll or Alternate Entrees Featured Vegetable Ranchero Carrots Choice of Milk	**20** BBQ Chicken/Bacon/Cheese Wrap or Alternate Entrees Featured Vegetable Baked Beans Choice of Milk	**21** Asian Noodle Bowl or Alternate Entrees Featured Vegetable Asian Blend Choice of Milk
24 BBQ Ribby on a Bun or Alternate Entrees Featured Vegetable Baked Beans Choice of Milk	**25** Chicken Nuggets with a Dinner Roll or Alternate Entrees Featured Vegetable Steamed Broccoli Choice of Milk	**26** Corn Dog on a Stick or Alternate Entrees Featured Vegetable Ranchero Carrots Choice of Milk	**27** BBQ Pulled Pork on On a Pretzel Roll or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk	**28** Oven "Fried" Chicken Buttered Noodles or Alternate Entrees Featured Vegetable Steamed Mixed Veggies Choice of Milk
31 Nachos Grande or Alternate Entrees Featured Vegetable Black Beans and Corn Choice of Milk	**1** Pasta with Meat Sauce Garlic Bread Stick or Alternate Entrees Featured Vegetable Steamed Broccoli Choice of Milk	**2** Pulled Pork/Pepper Jack Cheese Quesadilla or Alternate Entrees Featured Vegetable Cole Slaw Choice of Milk	**3** Chicken/Mashed Potato Bowl or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk	**4** No School
7 Buffalo Chicken Hoagie or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk	**8** Tortellini with Marinara or Alfredo Garlic Bread or Alternate Entrees Featured Vegetable Steamed Broccoli Choice of Milk	**9** French Toast Sticks with Sausage or Alternate Entrees Featured Vegetable Potato Triangle Choice of Milk	**10** Macaroni and Cheese Dinner Roll or Alternate Entrees Featured Vegetable Stewed Tomatoes Choice of Milk	**11** Oven Baked Steak and Cheese Sandwich or Alternate Entrees Featured Vegetable Scalloped Potatoes Choice of Milk