

October/November
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

3

Chicken Tenders
Buttered Noodles
or
Grilled BBQ Chicken
Sandwich

Featured Vegetable
Baked Beans

Choice of Milk

10

No School

17

Nacho Grande
or
Meatball Hoagie

Featured Vegetable
Black Beans and Corn

Choice of Milk

24

Walking Taco
or
Turkey and Cheese Wrap

Featured Vegetable
Steamed Corn

Choice of Milk

31

French Toast Sticks
and Sausage
or
Ham and Cheese Bagel

Featured Vegetable
Potato Triangles

Choice of Milk

7

Build Your Own Burger Bar
or
Italian Toasted Cheese

Featured Vegetable
Onion Rings

Choice of Milk

Tuesday

4

Nacho Grande
or
Corn Dog on a Stick

Featured Vegetable
Steam Corn

Choice of Milk

11

General Tso's Chicken
Over Rice
or
Ham and Cheese on a
Pretzel Roll

Featured Vegetable
Steamed Broccoli

Choice of Milk

18

Chicken Mashed Potato Bowl
or
Turkey Reuben

Featured Vegetable
Steamed Corn

Choice of Milk

25

Chicken Nuggets
with a Dinner Roll
or
Hot Dog on a Bun

Featured Vegetable
Cole Slaw

Choice of Milk

1

Walking Taco
or
Turkey and Cheese on a
Pretzel Roll

Featured Vegetable
Steamed Corn

Choice of Milk

8

Nacho Grande
or
Chicken Soft Taco

Featured Vegetable
Steamed Corn

Choice of Milk

Wednesday

5

Toasted Cheese
Sandwich
or
Buffalo Chicken Hoagie

Featured Vegetable
Tomato Soup

Choice of Milk

12

Oven Baked "Fried" Chicken
or
Bacon Cheeseburger on a Bun

Featured Vegetable
Scalloped Potatoes

Choice of Milk

19

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

Featured Vegetable
Steamed Carrots

Choice of Milk

26

Mini Corn Dogs
or
BBQ Ribby on a Bun

Featured Vegetable
Baked Beans

Choice of Milk

2

Boneless Wing Bar
or
Oven Baked Italian Hoagie

Featured Vegetable
Steamed Broccoli

Choice of Milk

9

Chicken Nuggets
with a Dinner Roll
or
Sausage and Cheese Bagel

Featured Vegetable

Choice of Milk

Thursday

6

Ravioli with Sauce
Garlic Bread Stick
or
Chicken Quesadilla

Featured Vegetable
Steamed Green Beans

Choice of Milk

13

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

Featured Vegetable
Steamed Green Beans

Choice of Milk

20

Stuffed Shells with Sauce
Garlic Bread Stick
or
Ham and Cheese Wrap

Featured Vegetable
Steamed Green Beans

Choice of Milk

27

Cheese Lasagna Roll Up
Bread Stick
or
Ham and Cheese Croissant

Featured Vegetable
Green Beans

Choice of Milk

3

Pasta with Meat Sauce
Garlic Bread Stick
or
Pizza Burger

Featured Vegetable
Ranchero Carrots

Choice of Milk

10

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

Featured Vegetable
Steamed Broccoli

Choice of Milk

Friday

7

Pepperoni Roll
with Dipping Sauce
or
Pulled Pork on a Pretzel Roll

Featured Vegetable
Oven Baked French Fries

Choice of Milk

14

Cheese Pizza Sticks
with Dipping Sauce
or
Steak and Cheese Hoagie

Featured Vegetable
Steamed Broccoli

Choice of Milk

21

Pepperoni Roll
with Dipping Sauce
or
Buffalo Chicken Hoagie

Featured Vegetable
Steamed Broccoli

Choice of Milk

28

Cheese Pizza Sticks
with Dipping Sauce
or
Veggie Burger

Featured Vegetable
Steamed Broccoli

Choice of Milk

4

No School

11

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

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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

