

**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@h-sd.org](mailto:metzfoods@h-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](http://www.PayFort.net)

Lunch Prices  
Student \$2.80  
Reduced \$.40  
Adult \$3.75



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>14</b> Toasted Cheese Sandwich or Alternate Entrees</p> <p>Featured Vegetable Tomato Soup</p> <p>Choice of Milk</p>	<p><b>15</b> Oven Baked Meatball Hoagie or Alternate Entrees</p> <p>Featured Vegetable Steamed Green Beans</p> <p>Choice of Milk</p>	<p><b>16</b> <i>Thanksgiving Feast</i> Turkey/Mashed Potatoes/ Gravy/Stuffing/Corn Assorted Pies</p>  <p>Featured Vegetable Steamed Corn</p> <p>Choice of Milk</p>	<p><b>17</b> Chicken Tenders with a Dinner Roll or Alternate Entrees</p> <p>Featured Vegetable Glazed Carrots</p> <p>Choice of Milk</p>	<p><b>18</b> Cheese Pizza Sticks with Dipping Sauce or Alternate Entrées</p> <p>Featured Vegetable Steamed Broccoli</p> <p>Choice of Milk</p>
<p><b>21</b> Nachos Grande or Alternate Entrees</p> <p>Featured Vegetable Steamed Corn</p> <p>Choice of Milk</p>	<p><b>22</b> Cheese Stuffed Shells/Sauce Garlic Bread or Alternate Entrees</p> <p>Featured Vegetable Steamed Green Beans</p> <p>Choice of Milk</p>	<p><b>23</b> Hot Ham and Cheese on a Pretzel Roll or Alternate Entrees</p> <p>Featured Vegetable French Fries</p> <p>Choice of Milk</p>	<p><b>24</b> No School</p> 	<p><b>25</b> No School</p>
<p><b>28</b> No School</p>	<p><b>29</b> Pierogi Meal with a Dinner Roll or Alternate Entrees</p> <p>Featured Vegetable Ranchero Carrots</p> <p>Choice of Milk</p>	<p><b>30</b> Pasta with Meat Sauce Garlic Bread or Alternate Entrees</p> <p>Featured Vegetable Steamed Green Beans</p> <p>Choice of Milk</p>	<p><b>1</b> BBQ Chicken/Bacon/Cheese Wrap or Alternate Entrees</p> <p>Featured Vegetable Baked Beans</p> <p>Choice of Milk</p>	<p><b>2</b> Asian Noodle Bowl or Alternate Entrees</p> <p>Featured Vegetable Asian Blend</p> <p>Choice of Milk</p>
<p><b>5</b> BBQ Ribby on a Bun or Alternate Entrees</p> <p>Featured Vegetable Baked Beans</p> <p>Choice of Milk</p>	<p><b>6</b> Chicken Nuggets with a Dinner Roll or Alternate Entrees</p> <p>Featured Vegetable Steamed Broccoli</p> <p>Choice of Milk</p>	<p><b>7</b> Corn Dog on a Stick or Alternate Entrees</p> <p>Featured Vegetable Ranchero Carrots</p> <p>Choice of Milk</p>	<p><b>8</b> Pizza Logs with Sauce or Alternate Entrees</p> <p>Featured Vegetable Steamed Corn</p> <p>Choice of Milk</p>	<p><b>9</b> Breaded Baked Chicken with a Dinner Roll or Alternate Entrees</p> <p>Featured Vegetable Scalloped Potatoes</p> <p>Choice of Milk</p>
<p><b>12</b> Nachos Grande or Alternate Entrees</p> <p>Featured Vegetable Black Beans and Corn</p> <p>Choice of Milk</p>	<p><b>13</b> Pasta with Meat Sauce Garlic Bread Stick or Alternate Entrees</p> <p>Featured Vegetable Steamed Broccoli</p> <p>Choice of Milk</p>	<p><b>14</b> Pulled Pork/Pepper Jack Cheese Quesadilla or Alternate Entrees</p> <p>Featured Vegetable Cole Slaw</p> <p>Choice of Milk</p>	<p><b>15</b> Chicken/Mashed Potato Bowl or Alternate Entrees</p> <p>Featured Vegetable Steamed Corn</p> <p>Choice of Milk</p>	<p><b>16</b> Oven Baked Steak and Cheese Sandwich or Alternate Entrees</p> <p>Featured Vegetable Caesar Salad</p> <p>Choice of Milk</p>
<p><b>19</b> Buffalo Chicken Hoagie or Alternate Entrees</p> <p>Featured Vegetable Steamed Corn</p> <p>Choice of Milk</p>	<p><b>20</b> Macaroni and Cheese or Alternate Entrees</p> <p>Featured Vegetable Stewed Tomatoes</p> <p>Choice of Milk</p>	<p><b>21</b> Chicken Tenders Dinner Roll or Alternate Entrees</p> <p>Featured Vegetable Ranchero Carrots</p> <p>Choice of Milk</p>	<p><b>22</b> No School Winter Break</p> 	<p><b>23</b> No School Winter Break</p>