



**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**

**Mindy Baginski, Food Service Director**  
412-492-6390

[metzfoodservice@ht-sd.org](mailto: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](http://www.PayFort.net)

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



**Monday**

**14**  
Toasted Cheese Sandwich  
or  
Buffalo Chicken Hoagie  
  
Featured Vegetable Tomato Soup  
  
Choice of Milk

**21**  
Oven Baked "Fried" Chicken  
or  
Bacon Cheeseburger on a Bun  
  
Featured Vegetable Scalloped Potatoes  
  
Choice of Milk

**28**  
Thanksgiving Break  
No School

**5**  
Macaroni and Cheese with a Dinner Roll  
or  
Pepperoni and Cheese Hoagie  
  
Featured Vegetable Stewed Tomatoes  
  
Choice of Milk

**12**  
French Toast Sticks and Sausage  
or  
Ham and Cheese Bagel  
  
Featured Vegetable Potato Triangles  
  
Choice of Milk

**19**  
Build Your Own Burger Bar  
or  
Italian Toasted Cheese  
  
Featured Vegetable Onion Rings  
  
Choice of Milk

**Tuesday**

**15**  
Nacho Grande  
or  
Corn Dog on a Stick  
  
Featured Vegetable Steam Corn  
  
Choice of Milk

**22**  
Mini Corn Dogs  
or  
Ham and Cheese on a Pretzel Roll  
  
Featured Vegetable Baked Beans  
  
Choice of Milk

**29**  
Popcorn Chicken with a Dinner Roll  
or  
Turkey and Cheese on a Pretzel Roll  
  
Featured Vegetable Steamed Corn  
  
Choice of Milk

**6**  
Chicken Nuggets with a Dinner Roll  
or  
Hot Dog on a Bun  
  
Featured Vegetable Cole Slaw  
  
Choice of Milk

**13**  
Walking Taco  
or  
Pulled Pork on a Pretzel Roll  
  
Featured Vegetable Steamed Corn  
  
Choice of Milk

**20**  
Nacho Grande  
or  
Chicken Soft Taco  
  
Featured Vegetable Steamed Corn  
  
Choice of Milk

**Wednesday**

**16**  
Chicken Tenders Buttered Noodles  
or  
Grilled BBQ Chicken Sandwich  
  
Featured Vegetable Baked Beans  
  
Choice of Milk

**23**  
Cheese Pizza Sticks with Dipping Sauce  
or  
Steak and Cheese Hoagie  
  
Featured Vegetable Steamed Broccoli  
  
Choice of Milk


**30**  
Pierogi Meal with a Dinner Roll  
or  
Grilled Chicken and Bacon Sandwich  
  
Featured Vegetable Steamed Carrots  
  
Choice of Milk

**7**  
General Tso's Chicken with Rice  
or  
BBQ Ribby on a Bun  
  
Featured Vegetable Steamed Broccoli  
  
Choice of Milk

**14**  
Boneless Wing Bar  
or  
Oven Baked Italian Hoagie  
  
Featured Vegetable Steamed Broccoli  
  
Choice of Milk

**21**  
Chicken Nuggets with a Dinner Roll  
or  
Sausage and Cheese Bagel  
  
Featured Vegetable Baked Beans  
  
Choice of Milk

**Thursday**


**17**  
*Thanksgiving Feast*  
Turkey/Mashed Potatoes/  
Gravy/Stuffing/Corn  
Assorted Pies  
  
Featured Vegetable Steamed Corn  
  
Choice of Milk

**24**  
No School  


**1**  
Pasta with Meat Sauce  
Garlic Bread Stick  
or  
Ham and Cheese Wrap  
  
Featured Vegetable Steamed Green Beans  
  
Choice of Milk

**8**  
Cheese Lasagna Roll Up  
Bread Stick  
or  
Ham and Cheese Croissant  
  
Featured Vegetable Green Beans  
  
Choice of Milk

**15**  
Pasta with Meat Sauce  
Garlic Bread Stick  
or  
Pizza Burger  
  
Featured Vegetable Steamed Green Beans  
  
Choice of Milk

**22**  
No School  
Winter Break  


**Friday**

**18**  
Pizza Logs with Sauce  
or  
Chicken Quesadilla  
  
Featured Vegetable Steamed Green Beans  
  
Choice of Milk

**25**  
No School

**2**  
Cheese Pizza Sticks with Dipping Sauce  
or  
Buffalo Chicken Hoagie  
  
Featured Vegetable Steamed Broccoli  
  
Choice of Milk

**9**  
Pepperoni Roll with Dipping Sauce  
or  
Veggie Burger  
  
Featured Vegetable Ranchero Carrots  
  
Choice of Milk

**16**  
Cheese Pizza Sticks with Dipping Sauce  
or  
Buffalo Chicken Flatbread  
  
Featured Vegetable Ranchero Carrots  
  
Choice of Milk

**23**  
No School  
Winter Break