

January/February  
2023



**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](mailto: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](http://www.PayFort.net)

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



**Monday**

2

No School



**Tuesday**

3

Cheese Pizza Sticks  
with Dipping Sauce  
or  
Alternate Entrees

Featured Vegetable  
Steamed Broccoli

Choice of Milk

**Wednesday**

4

Toasted Cheese  
Sandwich  
or  
Alternate Entrees

Featured Vegetable  
Tomato Soup

Choice of Milk

**Thursday**

5

Chicken Tenders  
with a Dinner Roll  
or  
Alternate Entrees

Featured Vegetable  
Glazed Carrots

Choice of Milk

**Friday**

6

Turkey, Bacon and Cheese  
Bagel  
or  
Alternate Entrees

Featured Vegetable  
Steamed Green Beans

Choice of Milk

9

Beef Burrito  
Spanish Rice  
or  
Alternate Entrees

Featured Vegetable  
Roasted Corn/Black Beans

Choice of Milk

10

Pasta with Meat Sauce  
Garlic Bread  
or  
Alternate Entrees

Featured Vegetable  
Steamed Green Beans

Choice of Milk

11

Hot Ham and Cheese  
on a Pretzel Roll  
or  
Alternate Entrees

Featured Vegetable  
French Fries

Choice of Milk

12

General Tso's Chicken  
Over Rice  
or  
Alternate Entrees

Featured Vegetable  
Asian Blend

Choice of Milk

13

Popcorn Chicken/  
Mac and Cheese Bowl  
or  
Alternate Entrees

Featured Vegetable  
Steamed Broccoli

Choice of Milk

16

No School

PDD/Clerical Day

17

Turkey, Bacon, Ham and  
Cheese on a Croissant  
or  
Alternate Entrees

Featured Vegetable  
Ranchero Carrots

Choice of Milk

18

Boneless Wing Bar  
with a Dinner Roll  
or  
Alternate Entrees

Featured Vegetable  
Steamed Green Beans

Choice of Milk

19

BBQ Chicken/Bacon/Cheese  
Wrap  
or  
Alternate Entrees

Featured Vegetable  
Baked Beans

Choice of Milk

20

Cowboy Burger  
or  
Alternate Entrees

Featured Vegetable  
Onion Rings

Choice of Milk

23

BBQ Ribby on a Bun

or  
Alternate Entrees

Featured Vegetable  
Baked Beans

Choice of Milk

24

Beef Ravioli with Sauce  
Garlic Bread  
or  
Alternate Entrees

Featured Vegetable  
Steamed Broccoli

Choice of Milk

25

Toasted Cheese

or  
Alternate Entrees

Featured Vegetable  
Tomato Soup

Choice of Milk

26

Beef Soft Tacos

or  
Alternate Entrees

Featured Vegetable  
Steamed Corn

Choice of Milk

27

Breaded Baked Chicken  
with a Dinner Roll  
or  
Alternate Entrees

Featured Vegetable  
Scalloped Potatoes

Choice of Milk

30

Nachos Grande

or  
Alternate Entrees

Featured Vegetable  
Steamed Corn

Choice of Milk

31

Pasta with Meat Sauce  
Garlic Bread Stick  
or  
Alternate Entrees

Featured Vegetable  
Steamed Broccoli

Choice of Milk

1

Pulled Pork/Pepper Jack Cheese  
on a Pretzel Roll  
or  
Alternate Entrees

Featured Vegetable  
Baked Beans

Choice of Milk

2

Chicken/Mashed Potato Bowl

or  
Alternate Entrees

Featured Vegetable  
Steamed Corn

Choice of Milk

3

Oven Baked Steak and Cheese  
Sandwich  
or  
Alternate Entrees

Featured Vegetable  
Prince Edward Veggies

Choice of Milk

6

Buffalo Chicken Hoagie

or  
Alternate Entrees

Featured Vegetable  
Veggie Medley

Choice of Milk

7

Macaroni and Cheese

or  
Alternate Entrees

Featured Vegetable  
Stewed Tomatoes

Choice of Milk

8

Chicken Tenders  
Dinner Roll  
or  
Alternate Entrees

Featured Vegetable  
Roasted Brussel Sprouts

Choice of Milk

9

Turkey Reuben

or  
Alternate Entrees

Featured Vegetable  
Roasted Cauliflower

Choice of Milk

10

Pizza Logs with Sauce

or  
Alternate Entrees

Featured Vegetable  
Steamed Green Beans

Choice of Milk