February/March 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

DAILY PIZZA MAY INCLUDE

Cheese
Pepperoni
Buffalo Chicken
White
Meat Lovers

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

Fish Sticks/Fish Sandwiches will be available on Fridays

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
13 Beef Burrito Spanish Rice or Alternate Entrees Featured Vegetable Roasted Corn/Black Beans Choice of Milk	**14** Pasta with Meat Sauce Garlic Bread or Alternate Entrees Featured Vegetable Steamed Broccoli Choice of Milk	**15** Toasted Cheese Sandwich or Alternate Entrees Featured Vegetable Tomato Soup Choice of Milk	**16** Chicken Tenders with a Dinner Roll or Alternate Entrees Featured Vegetable Glazed Carrots Choice of Milk	**17** No School Professional Development Day
20 No School Presidents' Day	**21** Tortellini with Sauce Garlic Bread or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk	**22** Popcorn Shrimp with a Dinner Roll or Alternate Entrees Featured Vegetable Cole Slaw Choice of Milk	**23** General Tso's Chicken Over Rice or Alternate Entrees Featured Vegetable Asian Blend Choice of Milk	**24** Cheese Pizza Sticks with Dipping Sauce or Alternate Entrees Featured Vegetable Steamed Broccoli Choice of Milk
27 Turkey, Bacon, Ham and Cheese on a Croissant or Alternate Entrees Featured Vegetable Ranchero Carrots Choice of Milk	**28** Pasta with Meat Sauce Garlic Bread or Alternate Entrees Featured Vegetable Steamed Broccoli Choice of Milk	**1** Boneless Wing Bar with a Dinner Roll or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk	**2** BBQ Chicken/Bacon/Cheese Wrap or Alternate Entrees Featured Vegetable Baked Beans Choice of Milk	**3** Toasted Cheese Sandwich or Alternate Entrees Featured Vegetable Tomato Soup Choice of Milk
6 BBQ Ribby on a Bun or Alternate Entrees Featured Vegetable Baked Beans Choice of Milk	**7** Stuffed Shells with Sauce Garlic Bread or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk	**8** Hot Sausage Sandwich with Peppers and Onions or Alternate Entrees Featured Vegetable Oven Baked French Fries Choice of Milk	**9** Beef Soft Tacos or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk	**10** Toasted Cheese or Alternate Entrees Featured Vegetable Tomato Soup Choice of Milk
13 Nachos Grande or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk	**14** Pasta with Meat Sauce Garlic Bread Stick or Alternate Entrees Featured Vegetable Steamed Broccoli Choice of Milk	**15** Pulled Pork/Pepper Jack Cheese on a Pretzel Roll or Alternate Entrees Featured Vegetable Baked Beans Choice of Milk	**16** Chicken/Mashed Potato Bowl or Alternate Entrees Featured Vegetable Steamed Corn/Mashed Potatoes Choice of Milk	**17** No School Professional Development Day
20 Chicken Fajita Spanish Rice or Alternate Entrees Featured Vegetable Steamed Corn Choice of Milk	**21** Pasta with Meat Sauce Garlic Bread or Alternate Entrees Featured Vegetable Steamed Green Beans Choice of Milk	**22** Sweet Chili Asian Chicken Sandwich or Alternate Entrees Featured Vegetable Oven Baked French Fries Choice of Milk	**23** Turkey Reuben or Alternate Entrees Featured Vegetable Roasted Cauliflower/Broccoli Choice of Milk	**24** Macaroni and Cheese or Alternate Entrees Featured Vegetable Stewed Tomatoes Choice of Milk