

February/March
2023



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**

Fish Sticks or 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.PayFort.net

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>13 Chicken Tenders with Buttered Noodles or Corn Dog on a Stick</p> <p>Featured Vegetable Baked Beans</p> <p>Choice of Milk</p>	<p>14 Toasted Cheese Sandwich or BBQ Chicken Sandwich</p> <p>Featured Vegetable Tomato Soup</p> <p>Choice of Milk</p>	<p>15 Nacho Grande or Pepperoni and Cheese Hoagie</p> <p>Featured Vegetable Steam Corn</p> <p>Choice of Milk</p>	<p>16 Pasta with Meat Sauce Garlic Bread Stick or Steak and Cheese Wrap</p> <p>Featured Vegetable Steamed Green Beans</p> <p>Choice of Milk</p>	<p>17 No School Professional Development Day</p>
<p>20 Presidents' Day No School</p>	<p>21 Mini Corn Dogs or Ham and Cheese on a Pretzel Roll</p> <p>Featured Vegetable Baked Beans</p> <p>Choice of Milk</p>	<p>22 Macaroni and Cheese with a Dinner Roll or Steak and Cheese Hoagie</p> <p>Featured Vegetable Steamed Peas</p> <p>Choice of Milk</p>	<p>23 Pepperoni Roll with Sauce or Turkey and Cheese Wrap</p> <p>Featured Vegetable Ranchero Carrots</p> <p>Choice of Milk</p>	<p>24 Cheese Ravioli with Sauce Garlic Bread Stick or Veggie Burger</p> <p>Featured Vegetable Steamed Green Beans</p> <p>Choice of Milk</p>
<p>27 Oven Baked "Fried" Chicken or Bacon Cheeseburger on a Bun</p> <p>Featured Vegetable Scalloped Potatoes</p> <p>Choice of Milk</p>	<p>28 Beef Burrito Spanish Rice or Turkey and Cheese on a Pretzel Roll</p> <p>Featured Vegetable Steamed Corn</p> <p>Choice of Milk</p>	<p>1 Pierogi Meal with a Dinner Roll or Grilled Chicken and Bacon Sandwich</p> <p>Featured Vegetable Steamed Carrots</p> <p>Choice of Milk</p>	<p>2 Pasta with Meat Sauce Garlic Bread Stick or Steak and Cheese Hoagie</p> <p>Featured Vegetable Steamed Green Beans</p> <p>Choice of Milk</p>	<p>3 Cheese Pizza Sticks with Dipping Sauce or Buffalo Chicken Hoagie</p> <p>Featured Vegetable Steamed Broccoli</p> <p>Choice of Milk</p>
<p>6 Chicken Fajita Spanish Rice or Pepperoni and Cheese Hoagie</p> <p>Featured Vegetable Roasted Corn and Black Beans</p> <p>Choice of Milk</p>	<p>7 Chicken Nuggets with a Dinner Roll or Hot Dog on a Bun</p> <p>Featured Vegetable Cole Slaw</p> <p>Choice of Milk</p>	<p>8 General Tso's Chicken with Rice or BBQ Ribby on a Bun</p> <p>Featured Vegetable Steamed Broccoli</p> <p>Choice of Milk</p>	<p>9 Cheese Lasagna Roll Up Bread Stick or Ham and Cheese Croissant</p> <p>Featured Vegetable Steamed Green Beans</p> <p>Choice of Milk</p>	<p>10 Toasted Cheese or Chicken Parmesan Sandwich</p> <p>Featured Vegetable Tomato Soup</p> <p>Choice of Milk</p>
<p>13 French Toast Sticks and Sausage or Ham and Cheese Bagel</p> <p>Featured Vegetable Potato Triangles</p> <p>Choice of Milk</p>	<p>14 Walking Taco or Pulled Pork on a Pretzel Roll</p> <p>Featured Vegetable Steamed Corn</p> <p>Choice of Milk</p>	<p>15 Boneless Wing Bar or Oven Baked Italian Hoagie</p> <p>Featured Vegetable Steamed Broccoli</p> <p>Choice of Milk</p>	<p>16 Pasta with Meat Sauce Garlic Bread Stick or Pizza Burger</p> <p>Featured Vegetable Steamed Green Beans</p> <p>Choice of Milk</p>	<p>17 No School Professional Development Day</p>
<p>20 Build Your Own Burger Bar or Italian Toasted Cheese</p> <p>Featured Vegetable Onion Rings</p> <p>Choice of Milk</p>	<p>21 Toasted Cheese Sandwich or Chicken Soft Taco</p> <p>Featured Vegetable Tomato Soup</p> <p>Choice of Milk</p>	<p>22 Popcorn Chicken/Mac & Cheese Bowl or Sausage and Cheese Bagel</p> <p>Featured Vegetable Steamed Broccoli</p> <p>Choice of Milk</p>	<p>23 Pepperoni Roll with Sauce or Rachel Reuben</p> <p>Featured Vegetable Steamed Carrots</p> <p>Choice of Milk</p>	<p>24 Tortellini with Alfredo or Marinara Garlic Bread or Corn Dog on a Stick</p> <p>Featured Vegetable Steamed Green Beans</p> <p>Choice of Milk</p>