

March/April
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**

Monday

27
Beef Burrito
Spanish Rice
or
Alternate Entrees

Featured Vegetable
Roasted Corn/Black Beans

Choice of Milk

3
Turkey, Bacon, Ham and
Cheese on a Croissant
or
Alternate Entrees

Featured Vegetable
Ranchero Carrots

Choice of Milk

10
Spring Break

17
Nacho Grande
or
Alternate Entrees

Featured Vegetable
Steamed Corn

Choice of Milk

24
BBQ Chicken, Bacon Cheddar
Wrap
or
Alternate Entrees

Featured Vegetable
Baked Beans

Choice of Milk

1
Buffalo Chicken Hoagie
or
Alternate Entrees

Featured Vegetable
Steamed Corn

Choice of Milk

Tuesday

28
Pasta with Meat Sauce
Garlic Bread
or
Alternate Entrees

Featured Vegetable
Steamed Broccoli

Choice of Milk

4
Cheese Ravioli with Sauce
Garlic Bread
or
Alternate Entrees

Featured Vegetable
Steamed Green Beans

Choice of Milk

11
Chicken Fajita Wrap
or
Alternate Entrees

Featured Vegetable
Steamed Corn

Choice of Milk

18
Stuffed Shells with Sauce
Garlic Bread
or
Alternate Entrees

Featured Vegetable
Steamed Green Beans

Choice of Milk

25
Pasta with Meat Sauce
Garlic Bread Stick
or
Alternate Entrees

Featured Vegetable
Steamed Broccoli

Choice of Milk

2
Chicken Parmesan w/Noodles
Garlic Bread
or
Alternate Entrees

Featured Vegetable
Steamed Green Beans

Choice of Milk

Wednesday

29
Toasted Cheese
Sandwich
or
Alternate Entrees

Featured Vegetable
Tomato Soup

Choice of Milk

5
Hot Ham and Cheese
on a Pretzel Roll
or
Alternate Entrees

Featured Vegetable
Oven Baked French Fries

Choice of Milk

12
Hot Sausage Sandwich
with Peppers and Onions
or
Alternate Entrees

Featured Vegetable
Steamed Green Beans

Choice of Milk

19
General Tso's Chicken
Over Rice
or
Alternate Entrees

Featured Vegetable
Steamed Broccoli

Choice of Milk

26
Pulled Pork/Pepper Jack Cheese
on a Pretzel Roll
or
Alternate Entrees

Featured Vegetable
Mixed Veggies

Choice of Milk

3
Sweet Chili Asian
Chicken Sandwich
or
Alternate Entrees

Featured Vegetable
Oven Baked French Fries

Choice of Milk

Thursday

30
Gyro Bar
or
Alternate Entrees

Featured Vegetable
French Fries

Choice of Milk

6

13
BBQ Ribby on a Bun
or
Alternate Entrees

Featured Vegetable
Baked Beans

Choice of Milk

20
Boneless Wing Bar
or
Alternate Entrees

Featured Vegetable
Oven Baked French Fries

Choice of Milk

27
Chicken/Mashed Potato Bowl
or
Alternate Entrees

Featured Vegetable
Steamed Corn/Mashed Potatoes

Choice of Milk

4
Turkey Reuben
or
Alternate Entrees

Featured Vegetable
Roasted Cauliflower/Broccoli

Choice of Milk

Friday

31
Popcorn Shrimp
with a Dinner Roll
or
Alternate Entrees

Featured Vegetable
Steamed Corn

Choice of Milk

7

14
Asian Noodle Bowl
or
Alternate Entrees

Featured Vegetable
Asian Veggie Blend

Choice of Milk

21
Beef Soft Tacos
or
Alternate Entrees

Featured Vegetable
Steamed Corn

Choice of Milk

28
Pierogi with Onions
or
Alternate Entrees

Featured Vegetable
Ranchero Carrots

Choice of Milk

5
Nacho Grande
or
Alternate Entrees

Featured Vegetable
Corn and Black Beans

Choice of Milk

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

