

March/April
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**

Monday

27

Chicken Tenders with a Dinner Roll or
Corn Dog on a Stick

Featured Vegetable Mashed Potatoes

Choice of Milk

3

Oven Baked "Fried" Chicken or
Bacon Cheeseburger on a Bun

Featured Vegetable Scalloped Potatoes

Choice of Milk

10

Spring Break

17

Chicken Nuggets with a Dinner Roll or
Pepperoni and Cheese Hoagie

Featured Vegetable Oven Baked Beans

Choice of Milk

24

French Toast Sticks and Sausage or
Ham and Cheese Bagel

Featured Vegetable Potato Triangles

Choice of Milk

1

Chicken/Mashed Potato Bowl or
Popcorn Shrimp

Featured Vegetable Mashed Potatoes/Corn

Choice of Milk

Tuesday

28

Walking Taco or
BBQ Chicken Sandwich

Featured Vegetable Steamed Corn

Choice of Milk

4

Mini Corn Dogs With a Dinner Roll or
Ham and Cheese on a Pretzel Roll

Featured Vegetable Baked Beans

Choice of Milk

11

Popcorn Chicken with a Dinner Roll or
Turkey and Cheese on a Pretzel Roll

Featured Vegetable Steamed Corn

Choice of Milk

18

Macaroni and Cheese or
Hot Dog on a Bun

Featured Vegetable Ranchero Carrots

Choice of Milk

25

Walking Taco or
Pulled Pork/Pepper Jack on a Pretzel Roll

Featured Vegetable Steamed Corn

Choice of Milk

2

Beef Soft Tacos with Rice or
Chicken Soft Taco

Featured Vegetable Steamed Corn

Choice of Milk

Wednesday

29

Toasted Cheese or
Pepperoni and Cheese Hoagie

Featured Vegetable Tomato Soup

Choice of Milk

5

Chicken Nuggets with a Dinner Roll or
Steak and Cheese Hoagie

Featured Vegetable Steamed Peas

Choice of Milk

12

Pierogi Meal with a Dinner Roll or
Grilled Chicken and Bacon Sandwich

Featured Vegetable Steamed Carrots

Choice of Milk

19

General Tso's Chicken with Rice or
BBQ Ribby on a Bun

Featured Vegetable Steamed Broccoli

Choice of Milk

26

Boneless Wing Bar or
Oven Baked Italian Hoagie

Featured Vegetable Steamed Broccoli

Choice of Milk

3

Build Your Own Burger Bar or
Italian Toasted Cheese

Featured Vegetable Onion Rings

Choice of Milk

Thursday

30

Pasta with Meat Sauce
Garlic Bread Stick or
Cowboy Burger

Featured Vegetable Steamed Green Beans

Choice of Milk

6



13

Ravioli with Sauce
Garlic Bread Stick or
Steak and Cheese Hoagie

Featured Vegetable Steamed Green Beans

Choice of Milk

20

Pasta with Meat Sauce
Bread Stick or
Ham and Cheese Croissant

Featured Vegetable Steamed Green Beans

Choice of Milk

27

Lasagna with Sauce
Garlic Bread Stick or
Pizza Burger

Featured Vegetable Steamed Green Beans

Choice of Milk

4

Pasta with Meat Sauce
Garlic Bread Stick or
Sweet Chili Asian Chicken Sandwich

Featured Vegetable Steamed Green Beans

Choice of Milk

Friday

31

Cheese Pizza Sticks with Dipping Sauce or
Buffalo Chicken Hoagie

Featured Vegetable Steamed Broccoli

Choice of Milk

7

Pepperoni Roll with Sauce or
Buffalo Chicken Flatbread

Featured Vegetable Oven Baked French Fries

Choice of Milk

14

Pepperoni Roll with Sauce or
Buffalo Chicken Flatbread

Featured Vegetable Oven Baked French Fries

Choice of Milk

21

Cheese Pizza Sticks with Dipping Sauce or
Chicken Fajita

Featured Vegetable Oven Baked French Fries

Choice of Milk

28

Pepperoni Roll with Sauce or
Turkey and Cheese Bagel

Featured Vegetable Ranchero Carrots

Choice of Milk

5

Cheese Pizza Sticks with Sauce or
Rachel Reuben

Featured Vegetable Steamed Carrots

Choice of Milk

Mindy Baginski, Food Service Director
412-492-6390

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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

