



HAMPTON TOWNSHIP SCHOOL DISTRICT HIGH SCHOOL LUNCH MENU JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AVAILABLE DAILY:				
1 NO SCHOOL Winter Break Happy New Year!	2 NO SCHOOL Winter Break	3 Meatball Hoagie On Whole Grain Bun FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	4 Asian Sesame Chicken w/ Brown Rice FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk	5 Ham & Cheese On Whole Grain Pretzel Bun FEATURED VEGETABLE: Steamed Baked Beans Choice of Fruit(s) & Milk
AVAILABLE DAILY:				
8 Walking Taco Beef w/ WG Nacho Cheese Doritos Cheese, Lettuce, Salsa, Sour Cream FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	9 Pasta w/ Breadstick Meat or Marinara Sauce FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	10 Steak & Cheese Hoagie On Whole Grain Bun w/ Lettuce, Onions & Peppers FEATURED VEGETABLE: Oven Baked Fries/ Chickpea Salad Choice of Fruit(s) & Milk	11 General Tso's Chicken w/ Brown Rice FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk	12 Chicken Tenders w/ WG Rolls FEATURED VEGETABLE: Mashed Potatoes w/ Gravy Choice of Fruit(s) & Milk
AVAILABLE DAILY:				
15 NO SCHOOL Martin Luther King Jr. Day	16 Whole Grain French Toast Sticks w/ Sausage Patties & Syrup FEATURED VEGETABLE: Potato Triangles Choice of Fruit(s) & Milk	17 BBQ Chicken Cheddar Bacon Wrap On Whole Grain Tortilla FEATURED VEGETABLE: Steamed Baked Beans Choice of Fruit(s) & Milk	18 Boneless Chicken Wing Bar w/ WG Soft Pretzel Sticks & Choice of Wing Sauce FEATURED VEGETABLE: Oven Baked Fries Choice of Fruit(s) & Milk	19 Whole Grain Cheese Pizza Sticks w/ Pizza Dipping Sauce FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk
AVAILABLE DAILY:				
22 BBQ Pulled Pork & Pepper Jack Cheese Quesadilla On Whole Grain Tortilla FEATURED VEGETABLE: Steamed Baked Beans Choice of Fruit(s) & Milk	23 Pasta w/ Breadstick Meat or Marinara Sauce FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	24 Buffalo Chicken Hoagie On Whole Grain Bun w/ Lettuce & Tomato FEATURED VEGETABLE: Oven Baked Fries/ Chickpea Salad Choice of Fruit(s) & Milk	25 Chicken Mashed Potato Bowl w/ Whole Grain Dinner Rolls FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	26 Sweet Chili Asian Chicken Sandwich On Whole Grain Bun FEATURED VEGETABLE: Asian Vegetable Blend Choice of Fruit(s) & Milk
AVAILABLE DAILY:				
29 Nachos Grande Beef w/ WG Chips & Cheese Sauce Lettuce, Salsa, Sour Cream On Side FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	30 Penne Pasta Bar Diced Chicken or Meatballs Alfredo or Spaghetti Sauce w/ Breadstick FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk	31 Roasted Turkey, Bacon & Cheese On Whole Grain Bagel FEATURED VEGETABLE: Tater Tots Choice of Fruit(s) & Milk	<p>Now Hiring Food Service Employees</p> <p>Contact: Jenna Ossler metzfoodservice@ht-sd.org 412-492-6390</p>	

What is a Meal?
You Must Choose at Least 3 of the 5 Components Available for the School Lunch Price.
Minimum of a 1/2 cup Serving of Fruit or Minimum of a 1/2 Cup of Vegetable Must Accompany a Reimbursable Lunch

Meat or Meat Alternate
Grain/ Bread
Choice of Vegetable(s)
Choice of Fruit(s)
Choice of Milk

Daily Vegetable Selection May Include:
Baby Carrots, Celery Sticks, Cucumbers, Green Peppers, Salad

Daily Fruit Selection May Include:
Apples, Apple Slices, Bananas, Grapes, Oranges, Pears, Peaches, Cantaloupe, Honeydew, Strawberries
Applesauce, Diced Peaches, Diced Pears, Mixed Fruit
100% Juice - Apple, Fruit Punch, Grape, Orange

Daily Milk Selection May Include:
1% White,
Fat-Free; White, Chocolate, Vanilla
Lactose Free Available Upon Request

Leave Your Lunchbox at Home!
Daily Entrée Options Include:
GRILL
Chicken Patty on WG Bun
Spicy Chicken Patty on WG Bun
Grilled Chicken on WG Bun
Cheese Burger on WG Bun
Hamburger on WG Bun
 Spicy Black Bean Burger on WG Bun

PIZZA
 Cheese Pizza Pepperoni Pizza

SALAD BAR
Made to Order Salads w/ WG Croutons
Choice of Protein: Cheese, Black Beans, Chickpeas or Grilled Chicken

Grab N Go
 WG Smucker's PBJ Uncrustable w/ Cheese Stick, Pretzels & Apple Slices

**Menu Subject to Change
Based on Product Availability**

**Food Service Director
Jenna Ossler**
412-492-6390
metzfoodservice@ht-sd.org

LUNCH PRICES:

Student \$2.80
Adult \$4.00

Vegetarian

Please Make Checks Payable to: HTSD Cafeteria Fund
**Money May Also Be Deposited Into Your
Child's Account Online at www.payschoolscentral.com**

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