



HAMPTON TOWNSHIP SCHOOL DISTRICT HIGH SCHOOL LUNCH MENU FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AVAILABLE DAILY:				
Now Hiring Food Service Employees Contact: Jenna Ossler metzfoodservice@ht-sd.org 412-492-6390	Main Plate Entree Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger, Spicy Black Bean Burger Pizza: Cheese Pizza, Pepperoni Pizza Salad Bar: Made to Order Salads			
			1 Open Faced Turkey Sandwich On Whole Grain Bread w/ Gravy & Stuffing FEATURED VEGETABLE: Steamed Mixed Vegetables Choice of Fruit(s) & Milk	2 Ham & Cheese On Whole Grain Pretzel Bun FEATURED VEGETABLE: Steamed Baked Beans Choice of Fruit(s) & Milk
AVAILABLE DAILY:				
Main Plate Entree Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger, Spicy Black Bean Burger Pizza: Cheese Pizza, Pepperoni Pizza Salad Bar: Made to Order Salads				
5 Walking Taco Beef w/ WG Nacho Cheese Doritos Cheese, Lettuce, Salsa, Sour Cream FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	6 Pasta w/ Breadstick Meat or ♻️ Marinara Sauce FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	7 Steak & Cheese Hoagie On Whole Grain Bun w/ Lettuce, Onions & Peppers FEATURED VEGETABLE: Oven Baked Fries/ Chickpea Salad Choice of Fruit(s) & Milk	8 General Tso's Chicken w/ Brown Rice FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk	9 Chicken Tenders w/ WG Dinner Rolls FEATURED VEGETABLE: Mashed Potatoes w/ Gravy Choice of Fruit(s) & Milk
AVAILABLE DAILY:				
Main Plate Entree Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger, Spicy Black Bean Burger Pizza: Cheese Pizza, Pepperoni Pizza Salad Bar: Made to Order Salads				
12 BBQ Pulled Pork & Pepper Jack Cheese Quesadilla On Whole Grain Tortilla FEATURED VEGETABLE: Steamed Baked Beans Choice of Fruit(s) & Milk	13 ♻️ Whole Grain Cheese Ravioli w/ Sauce & Whole Grain Breadstick FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	14 Toasted Cheese Sandwich ♻️ On Texas Toast Or Fish Sticks w/ WG Rolls FEATURED VEGETABLE: Tomato Soup Choice of Fruit(s) & Milk	15 ♻️ Whole Grain Cheese Pizza Sticks w/ Pizza Dipping Sauce FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk	NO SCHOOL Professional Development Day
AVAILABLE DAILY:				
Main Plate Entree Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger, Spicy Black Bean Burger Pizza: Cheese Pizza, Pepperoni Pizza Salad Bar: Made to Order Salads				
NO SCHOOL President's Day	20 Whole Grain French Toast Sticks w/ Sausage Patties & Syrup FEATURED VEGETABLE: Oven Potatoes Choice of Fruit(s) & Milk	21 Buffalo Chicken Hoagie On Whole Grain Bun w/ Lettuce & Tomato FEATURED VEGETABLE: Oven Baked Fries/ Chickpea Salad Choice of Fruit(s) & Milk	22 Chicken Mashed Potato Bowl w/ Whole Grain Dinner Rolls FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	23 Sweet Chili Asian Chicken Sandwich On WG Bun Or Fish Sandwich on WG Bun FEATURED VEGETABLE: Asian Vegetable Blend Choice of Fruit(s) & Milk
AVAILABLE DAILY:				
Main Plate Entree Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger, Spicy Black Bean Burger Pizza: Cheese Pizza, Pepperoni Pizza Salad Bar: Made to Order Salads				
26 Nachos Grande Beef w/ WG Chips & Cheese Sauce Lettuce, Salsa, Sour Cream On Side FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	27 Penne Pasta Bar Diced Chicken or Meatballs Alfredo or Spaghetti Sauce w/ Breadstick FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk	28 Rachel Reuban on WG Bread Turkey, Swiss, Sauerkraut Thousand Island Dressing FEATURED VEGETABLE: Oven Baked Fries Choice of Fruit(s) & Milk	29 BBQ Ribby On Whole Grain Bun FEATURED VEGETABLE: Steamed Baked Beans Choice of Fruit(s) & Milk	

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, Carrot Sticks, 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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