



HAMPTON TOWNSHIP SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
AVAILABLE DAILY:	Main Plate Entree + Feature Sandwich Pizza: Cheese Pizza, Pepperoni Pizza		Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger Salad Bar: Made to Order Salads		
<p>Now Hiring Food Service Employees</p> <p>Contact: Jenna Ossler metzfoodservice@ht-sd.org 412-492-6390</p>			<p>1</p> <p>Penne Pasta w/ Meat or Marinara Sauce & Breadstick Or Turkey, Bacon & Cheese on WG Bagel</p> <p>FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk</p>	<p>2</p> <p>Whole Grain Cheese Pizza Sticks w/ Dipping Sauce Or Pizza Burger on WG Bun</p> <p>FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk</p>	
AVAILABLE DAILY:	Main Plate Entree + Feature Sandwich Pizza: Cheese Pizza, Pepperoni Pizza		Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger Salad Bar: Made to Order Salads		
	<p>5</p> <p>Popcorn Chicken w/ Whole Grain Pretzel Sticks Or Whole Grain Mini Corn Dogs</p> <p>FEATURED VEGETABLE: Baked Beans Choice of Fruit(s) & Milk</p>	<p>6</p> <p>Walking Taco Beef w/ WG Nacho Cheese Doritos Cheese, Lettuce, Salsa, Sour Cream Or Chicken Parmesan On WG Bun</p> <p>FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk</p>	<p>7</p> <p>General Tso's Chicken w/ Brown Rice Or Steak & Cheese on WG Hoagie Bun</p> <p>FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk</p>	<p>8</p> <p> Whole Grain Cheese Ravioli w/ Sauce & Whole Grain Breadstick Or Buffalo Chicken on WG Flatbread</p> <p>FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk</p>	<p>9</p> <p>Whole Grain Pepperoni Roll w/ Dipping Sauce Or Grilled Chicken Breast & Bacon on WG Bun</p> <p>FEATURED VEGETABLE: Steamed Carrots Choice of Fruit(s) & Milk</p>
AVAILABLE DAILY:	Main Plate Entree + Feature Sandwich Pizza: Cheese Pizza, Pepperoni Pizza		Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger Salad Bar: Made to Order Salads		
	<p>12</p> <p>Whole Grain French Toast Sticks w/ Sausage & Syrup Or BBQ Ribby on Whole Grain Bun</p> <p>FEATURED VEGETABLE: Oven Baked Potato Wedges Choice of Fruit(s) & Milk</p>	<p>13</p> <p>Nachos Grande Beef w/ WG Chips & Cheese Sauce Lettuce, Salsa, Sour Cream On Side Or Ham & Cheese on WG Pretzel Bun</p> <p>FEATURED VEGETABLE: Steamed Black Beans Choice of Fruit(s) & Milk</p>	<p>14</p> <p>Chicken Tenders w/ Whole Grain Dinner Rolls Or Fish Sticks w/ WG Dinner Rolls</p> <p>FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk</p>	<p>15</p> <p>Penne Pasta w/ Meat or Marinara Sauce & Breadstick Or Cowboy Burger on WG Bun</p> <p>FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk</p>	<p style="background-color: #cccccc; padding: 10px;">NO SCHOOL</p> <p style="background-color: #cccccc; padding: 10px;">Professional Development Day</p>
AVAILABLE DAILY:	Main Plate Entree + Feature Sandwich Pizza: Cheese Pizza, Pepperoni Pizza		Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger Salad Bar: Made to Order Salads		
	<p>19</p> <p style="background-color: #cccccc; padding: 10px;">NO SCHOOL</p> <p style="background-color: #cccccc; padding: 10px;">President's Day</p>	<p>20</p> <p>Beef & Cheese Soft Tacos On Whole Grain Tortillas Lettuce, Salsa, Sour Cream On Side Or Turkey & Cheese on WG Pretzel Bun</p> <p>FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk</p>	<p>21</p> <p>Toasted Cheese Sandwich On Texas Toast Or Turkey, Bacon & Cheese WG Croissant</p> <p>FEATURED VEGETABLE: Tomato Soup Choice of Fruit(s) & Milk</p>	<p>22</p> <p> Whole Grain Cheese Lasagna Roll Up w/ Sauce & Whole Grain Breadstick Or Italian Hoagie on WG Bun</p> <p>FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk</p>	<p>23</p> <p>Whole Grain Pepperoni Roll w/ Dipping Sauce Or Fish Sticks w/ WG Dinner Rolls</p> <p>FEATURED VEGETABLE: Steamed Carrots Choice of Fruit(s) & Milk</p>
AVAILABLE DAILY:	Main Plate Entree + Feature Sandwich Pizza: Cheese Pizza, Pepperoni Pizza		Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger Salad Bar: Made to Order Salads		
	<p>26</p> <p>Chicken Nuggets w/ Whole Grain Dinner Rolls Or Meatball Hoagie on WG Bun</p> <p>FEATURED VEGETABLE: Baked Beans Choice of Fruit(s) & Milk</p>	<p>27</p> <p>Nachos Grande Beef w/ WG Chips & Cheese Sauce Lettuce, Salsa, Sour Cream On Side Or Whole Grain Corn Dog</p> <p>FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk</p>	<p>28</p> <p>WG Chicken Dumplings w/ WG Fried Rice Soy Sauce on Side Or Beef Hot Dog on Whole Grain Bun</p> <p>FEATURED VEGETABLE: Asian Vegetable Blend Choice of Fruit(s) & Milk</p>	<p>29</p> <p>Penne Pasta w/ Meat or Marinara Sauce & Breadstick Or Chicken Bacon Ranch Wrap</p> <p>FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk</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

PIZZA
 Cheese Pizza Pepperoni Pizza

SANDWICHES
Crispy Chicken Wrap on WG Tortilla
Buffalo Chicken Wrap on WG Tortilla
Italian Hoagie on WG Bun
 WG Smucker's PBJ Uncrustable
w/ Cheese Stick, WG Pretzels & Apple Slices

SALAD BAR
Made to Order Salads w/ WG Croutons
Choice of Protein: Crispy Chicken, Grilled Chicken, Tuna or Cheese

**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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