



# HAMPTON TOWNSHIP SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU APRIL 2024

**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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AVAILABLE DAILY:</b>				
<b>1</b>  <b>NO SCHOOL</b>  <b>SPRING BREAK</b>	<b>2</b> Street Eats - Nachos Grande Beef w/ WG Chips & Cheese Sauce Lettuce, Salsa, Sour Cream On Side Or Chicken Bacon Ranch Wrap <b>FEATURED VEGETABLE:</b> Steamed Black Beans Choice of Fruit(s) & Milk	<b>3</b> Chicken Tenders w/ Whole Grain Dinner Rolls Or Pepperoni & Cheese Hoagie <b>FEATURED VEGETABLE:</b> Mashed Potatoes w/ Gravy Choice of Fruit(s) & Milk	<b>4</b> Penne Pasta w/ Meat or ☑ Marinara Sauce & Breadstick Or Turkey, Bacon & Cheese WG Bagel <b>FEATURED VEGETABLE:</b> Steamed Broccoli Choice of Fruit(s) & Milk	<b>5</b> Bucs Are Back! Double Dogs Beef Hot Dogs On Whole Grain Buns Or Bacon Cheese Burger on WG Bun <b>FEATURED VEGETABLE:</b> Oven Fries w/ Cheese & Bacon Choice of Fruit(s) & Milk
<b>AVAILABLE DAILY:</b>				
<b>8</b> Solar Eclipse Popcorn Chicken w/ Whole Grain Dinner Rolls  <b>FEATURED VEGETABLE:</b> Baked Beans Choice of Fruit(s) & Milk	<b>9</b> Street Eats - Walking Taco Beef w/ WG Nacho Cheese Doritos Cheese, Lettuce, Salsa, Sour Cream Or Chicken Parmesan on WG Bun <b>FEATURED VEGETABLE:</b> Steamed Corn Choice of Fruit(s) & Milk	<b>10</b> General Tso's Chicken w/ Brown Rice Or Steak & Cheese on WG Hoagie Bun <b>FEATURED VEGETABLE:</b> Steamed Broccoli Choice of Fruit(s) & Milk	<b>11</b> ☑ Whole Grain Cheese Ravioli w/ Sauce & Whole Grain Breadstick Or Buffalo Chicken on WG Flatbread <b>FEATURED VEGETABLE:</b> Steamed Green Beans Choice of Fruit(s) & Milk	<b>12</b> Whole Grain ☑ Cheese Pizza Sticks w/ Dipping Sauce Or Turkey & Cheese on WG Pretzel Bun <b>FEATURED VEGETABLE:</b> Steamed Carrots Choice of Fruit(s) & Milk
<b>AVAILABLE DAILY:</b>				
<b>15</b> Whole Grain French Toast Sticks w/ Sausage & Syrup Or BBQ Ribby on Whole Grain Bun <b>FEATURED VEGETABLE:</b> Potato Triangles Choice of Fruit(s) & Milk	<b>16</b> Street Eats - Nachos Grande Beef w/ WG Chips & Cheese Sauce Lettuce, Salsa, Sour Cream On Side Or Ham & Cheese on WG Pretzel Bun <b>FEATURED VEGETABLE:</b> Steamed Black Beans Choice of Fruit(s) & Milk	<b>17</b> Chicken Mashed Potato Bowl w/ Whole Grain Dinner Rolls Or Whole Grain Mini Corn Dogs <b>FEATURED VEGETABLE:</b> Steamed Corn Choice of Fruit(s) & Milk	<b>18</b> Penne Pasta w/ Meat or ☑ Marinara Sauce & Breadstick Or Cowboy Burger on WG Bun <b>FEATURED VEGETABLE:</b> Steamed Broccoli Choice of Fruit(s) & Milk	<b>19</b> Whole Grain Pepperoni Roll w/ Dipping Sauce Or Grilled Chicken Breast & Bacon on WG Bun <b>FEATURED VEGETABLE:</b> Steamed Broccoli Choice of Fruit(s) & Milk
<b>AVAILABLE DAILY:</b>				
<b>22</b> ☑ Whole Grain Potato & Cheddar Mini Pierogi w/ Whole Grain Breadstick Or Pizza Burger on WG Bun <b>FEATURED VEGETABLE:</b> Steamed Mixed Vegetables Choice of Fruit(s) & Milk	<b>23</b> Street Eats - Walking Taco Beef w/ WG Nacho Cheese Doritos Cheese, Lettuce, Salsa, Sour Cream Or Chicken Parmesan on WG Bun <b>FEATURED VEGETABLE:</b> Steamed Black Beans Choice of Fruit(s) & Milk	<b>24</b> Toasted Cheese Sandwich ☑ On Texas Toast Or Turkey, Bacon & Cheese WG Croissant <b>FEATURED VEGETABLE:</b> Tomato Soup Choice of Fruit(s) & Milk	<b>25</b> Chicken Parmesan Whole Grain Pasta & Whole Grain Breadstick Or Italian Hoagie on WG Bun <b>FEATURED VEGETABLE:</b> Steamed Green Beans Choice of Fruit(s) & Milk	<b>26</b> Whole Grain ☑ Cheese Pizza Sticks w/ Dipping Sauce Or BBQ Chicken Cheddar Bacon Wrap <b>FEATURED VEGETABLE:</b> Steamed Broccoli Choice of Fruit(s) & Milk
<b>AVAILABLE DAILY:</b>				
<b>29</b> Chicken Nuggets w/ Whole Grain Dinner Rolls Or Meatball Hoagie on WG Bun <b>FEATURED VEGETABLE:</b> Mashed Potatoes w/ Gravy Choice of Fruit(s) & Milk	<b>30</b> Street Eats - Nachos Grande Beef w/ WG Chips & Cheese Sauce Lettuce, Salsa, Sour Cream On Side Or Whole Grain Corn Dog <b>FEATURED VEGETABLE:</b> Steamed Corn Choice of Fruit(s) & Milk			

☑ Vegetarian

Please Make Checks Payable to: HTSD Cafeteria Fund

**Money May Also Be Deposited Into Your  
Child's Account Online at [www.payschoolscentral.com](http://www.payschoolscentral.com)**

USDA is an equal opportunity provider and employer.

**LUNCH PRICES:**

Student \$2.80  
Adult \$4.00

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

**Food Service Director  
Jenna Ossler  
412-492-6390  
[metzfoodservice@ht-sd.org](mailto:metzfoodservice@ht-sd.org)**