



HAMPTON TOWNSHIP SCHOOL DISTRICT HIGH 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, 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, Strawberry
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/Rolls
Choice of Protein: ✓ Cheese, ✓ Black Beans, ✓ Chickpeas or Grilled Chicken
Grab N Go
✓ WG Smucker's PBJ Uncrustable w/ Cheese Stick, Pretzels & Apple Slices

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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			
1 NO SCHOOL SPRING BREAK	2 ✓ Whole Grain Cheese Ravioli w/ Sauce & Whole Grain Breadstick FEATURED VEGETABLE: Steamed Green Peas Choice of Fruit(s) & Milk	3 Italian Hoagie On Whole Grain Bun w/ Lettuce & Tomato FEATURED VEGETABLE: Steamed Mixed Vegetables Choice of Fruit(s) & Milk	4 Chicken Tenders w/ WG Rolls FEATURED VEGETABLE: Scallop Potatoes or Mashed Potatoes w/ Gravy Choice of Fruit(s) & Milk	5 Bucs Are Back! Double Dogs - Beef Hot Dogs On Whole Grain Buns FEATURED VEGETABLE: Oven Fries w/ Cheese & Bacon 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			
8 Solar Eclipse Grab & Go Menu Cheese & Pepperoni Pizza, Grill Line Sandwiches, PBJ FEATURED VEGETABLE: Mixed Vegetables Choice of Fruit(s) & Milk	9 Pasta w/ Breadstick Meat or ✓ Marinara Sauce FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk	10 Steak & Cheese Hoagie On Whole Grain Bun w/ Lettuce, Onions & Peppers FEATURED VEGETABLE: Oven Baked Fries Choice of Fruit(s) & Milk	11 Chicken Mashed Potato Bowl w/ Whole Grain Dinner Rolls FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	12 BBQ Pulled Pork w/ Pepper Jack 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			
15 Street Eats - Walking Taco Beef w/ WG Nacho Cheese Doritos Cheese, Lettuce, Salsa, Sour Cream FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	16 Chicken Parmesean Whole Grain Pasta & Whole Grain Breadstick FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	17 Toasted Cheese Sandwich ✓ On Texas Toast FEATURED VEGETABLE: Oven Baked Fries Choice of Fruit(s) & Milk	18 Whole Grain French Toast Sticks w/ Sausage Patties & Syrup FEATURED VEGETABLE: Honey Glazed Carrots Choice of Fruit(s) & Milk	19 Roasted Turkey, Bacon & Cheese On Whole Grain Bagel FEATURED VEGETABLE: Tater Tots 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			
22 Street Eats -Nachos Grande Beef w/ WG Chips & Cheese Sauce Lettuce, Salsa, Sour Cream On Side FEATURED VEGETABLE: Black Bean & Corn Blend 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: Tomato Soup Choice of Fruit(s) & Milk	25 Asian Sesame Chicken w/ Brown Rice FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk	26 ✓ Whole Grain Cheese Pizza Sticks w/ Pizza Dipping Sauce FEATURED VEGETABLE: Steamed Mixed Vegetables 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			
29 Street Eats - Walking Taco Beef w/ WG Nacho Cheese Doritos Cheese, Lettuce, Salsa, Sour Cream FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	30 Whole Grain Pasta Bar Diced Chicken or Meatballs Alfredo or Spaghetti Sauce w/ Whole Grain Breadstick FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk			

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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