



HAMPTON TOWNSHIP SCHOOL DISTRICT HIGH SCHOOL LUNCH MENU MAY/JUNE 2024

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				
Now Hiring Food Service Employees Contact: Jenna Ossler metzfoodservice@ht-sd.org 412-492-6390		1 BBQ Chicken, Bacon & Cheddar Cheese On Whole Grain Wrap FEATURED VEGETABLE: Baked Beans Choice of Fruit(s) & Milk	2 General Tso's Chicken w/ Brown Rice FEATURED VEGETABLE: Asian Vegetable Blend Choice of Fruit(s) & Milk	3 HHS Prom Early Dismissal No Lunches
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				
6 Fajita Chicken & Pepper Jack Cheese Quesadilla On Whole Grain Tortilla FEATURED VEGETABLE: Black Bean & Corn Blend Choice of Fruit(s) & Milk	7 🍌 Potato & Cheddar Mini Pierogi w/ Breadstick FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	8 Italian Hoagie On Whole Grain Bun w/ Lettuce & Tomato FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk	9 Street Eats - Dunk Tank Flavor Dipped Chicken Sandwich Choose: BBQ, Buffalo, Ranch or Garlic Parmesan On WG Bun FEATURED VEGETABLE: Ranchero Carrots Choice of Fruit(s) & Milk	10 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				
13 Seasoned Beef & Pepper Jack Cheese Soft Tacos On Whole Grain Tortillas FEATURED VEGETABLE: Black Bean & Corn Blend Choice of Fruit(s) & Milk	14 Pasta w/ Breadstick Meat or 🍌 Marinara Sauce FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk	15 Steak & Cheese Hoagie On Whole Grain Bun w/ Lettuce, Onions & Peppers FEATURED VEGETABLE: Oven Baked Fries Choice of Fruit(s) & Milk	16 Chicken Mashed Potato Bowl w/ Whole Grain Dinner Rolls FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	17 BBQ Pulled Pork & Pepper Jack Cheese Quesadilla On Whole Grain Tortilla FEATURED VEGETABLE: Steamed Baked Beans Choice of Fruit(s) & Milk
AVAILABLE DAILY:				
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20 Fajita Chicken & Pepper Jack Cheese Wrap On Whole Grain Tortilla FEATURED VEGETABLE: Black Bean & Corn Blend Choice of Fruit(s) & Milk	21 🍌 Cheese Ravioli w/ Spaghetti Sauce & Breadstick FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	22 Smokey Mountain Chicken Sandwich Ham, Bacon & Provolone On Whole Grain Bun FEATURED VEGETABLE: Steamed Mixed Vegetables Choice of Fruit(s) & Milk	23 Whole Grain French Toast Sticks w/ Sausage Patties & Syrup FEATURED VEGETABLE: Honey Glazed Carrots Choice of Fruit(s) & Milk	24 Whole Grain Mini Corn Dogs FEATURED VEGETABLE: Oven Baked Fries Choice of Fruit(s) & Milk
AVAILABLE DAILY:				
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NO SCHOOL Memorial Day	28 Pasta w/ Breadstick Meat or 🍌 Marinara Sauce FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	29 Buffalo Chicken Hoagie On Whole Grain Bun w/ Lettuce & Tomato FEATURED VEGETABLE: Oven Baked Fries Choice of Fruit(s) & Milk	30 Sweet Chili Asian Chicken Sandwich On Whole Grain Bun FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk	31 🍌 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				
3 Cook's Choice FEATURED VEGETABLE: Cook's Choice Choice of Fruit(s) & Milk	4 Cook's Choice FEATURED VEGETABLE: Cook's Choice Choice of Fruit(s) & Milk	5 Cook's Choice FEATURED VEGETABLE: Cook's Choice Choice of Fruit(s) & Milk	6 Early Dismissal No Lunches	7 Last Day for Students Early Dismissal No Lunches Have a Great Summer!

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

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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