



HAMPTON TOWNSHIP SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU MAY/JUNE 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
AVAILABLE DAILY:				
Now Hiring Food Service Employees Contact: Jenna Ossler metzfoodservice@ht-sd.org 412-492-6390	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		
1 Chicken Tenders w/ WG Pretzel Rods & Dunk Tank Sauces Or Pepperoni & Cheese Hoagie FEATURED VEGETABLE: Ranchero Carrots Choice of Fruit(s) & Milk	2 Penne Pasta w/ Meat or ☑ Marinara Sauce & Breadstick Or Turkey, Bacon & Cheese WG Bagel FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk	3 Whole Grain ☑ Cheese Pizza Sticks w/ Dipping Sauce Or Bacon Cheese Burger on WG Bun FEATURED VEGETABLE: Steamed Mixed Vegetables Choice of Fruit(s) & Milk	4 Whole Grain French Toast Sticks w/ Sausage & Syrup Or BBQ Ribby on Whole Grain Bun FEATURED VEGETABLE: Potato Triangles Choice of Fruit(s) & Milk	5 Walking Taco Beef w/ WG Nacho Cheese Doritos Cheese, Lettuce, Salsa, Sour Cream Or Chicken Parmesan On WG Bun FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk
AVAILABLE DAILY:				
6 Whole Grain French Toast Sticks w/ Sausage & Syrup Or BBQ Ribby on Whole Grain Bun FEATURED VEGETABLE: Potato Triangles Choice of Fruit(s) & Milk	7 Walking Taco Beef w/ WG Nacho Cheese Doritos Cheese, Lettuce, Salsa, Sour Cream Or Chicken Parmesan On WG Bun FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	8 General Tso's Chicken w/ Brown Rice Or Steak & Cheese on WG Hoagie Bun FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk	9 ☑ Whole Grain Cheese Ravioli w/ Sauce & Breadstick Or Whole Grain Corn Dog FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	10 Whole Grain Pepperoni Roll w/ Dipping Sauce Or Turkey & Cheese on WG Pretzel Bun FEATURED VEGETABLE: Steamed Carrots Choice of Fruit(s) & Milk
AVAILABLE DAILY:				
11 Whole Grain Mini Corn Dogs Or Chicken Bacon Ranch Wrap FEATURED VEGETABLE: Baked Beans Choice of Fruit(s) & Milk	12 Beef & Cheese Soft Tacos On Whole Grain Tortillas Lettuce, Salsa, Sour Cream On Side Or Grilled Chicken Breast & Bacon on WG Bun FEATURED VEGETABLE: Steamed Black Beans Choice of Fruit(s) & Milk	13 Chicken Mashed Potato Bowl w/ Whole Grain Dinner Rolls Or Meatball Hoagie on WG Bun FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	14 Penne Pasta w/ Meat or ☑ Marinara Sauce & Breadstick Or Cowboy Burger on WG Bun FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	15 Whole Grain ☑ Cheese Pizza Sticks w/ Dipping Sauce Or Grilled Chicken Breast & Bacon on WG Bun FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk
AVAILABLE DAILY:				
16 ☑ Potato & Cheddar Mini Pierogi w/ Breadstick Or Pizza Burger on WG Bun FEATURED VEGETABLE: Steamed Mixed Vegetables Choice of Fruit(s) & Milk	17 Walking Taco Beef w/ WG Nacho Cheese Doritos Cheese, Lettuce, Salsa, Sour Cream Or Chicken Parmesan On WG Bun FEATURED VEGETABLE: Steamed Black Beans Choice of Fruit(s) & Milk	18 Popcorn Chicken w/ Whole Grain Dinner Rolls Or Turkey, Bacon & Cheese WG Croissant FEATURED VEGETABLE: Ranchero Carrots Choice of Fruit(s) & Milk	19 ☑ Whole Grain Cheese Lasagna Roll Up w/ Sauce & Whole Grain Breadstick Or Italian Hoagie on WG Bun FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	20 Whole Grain Pepperoni Roll w/ Dipping Sauce Or BBQ Chicken Cheddar Bacon Wrap FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk
AVAILABLE DAILY:				
NO SCHOOL Memorial Day	21 Nachos Grande Beef w/ WG Chips & Cheese Sauce Lettuce, Salsa, Sour Cream On Side Or Ham & Cheese on WG Pretzel Bun FEATURED VEGETABLE: Steamed Black Beans Choice of Fruit(s) & Milk	22 Chicken Nuggets w/ Whole Grain Dinner Rolls Or Turkey, Bacon & Cheese WG Croissant FEATURED VEGETABLE: Ranchero Carrots Choice of Fruit(s) & Milk	23 Penne Pasta w/ Meat or ☑ Marinara Sauce & Breadstick Or Buffalo Chicken on WG Flatbread FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	24 Whole Grain ☑ Cheese Pizza Sticks w/ Dipping Sauce Or Beef Hot Dog on Whole Grain Bun FEATURED VEGETABLE: Steamed Mixed Vegetables Choice of Fruit(s) & Milk
AVAILABLE DAILY:				
25 Cook's Choice FEATURED VEGETABLE: Cook's Choice Choice of Fruit(s) & Milk	26 Cook's Choice FEATURED VEGETABLE: Cook's Choice Choice of Fruit(s) & Milk	27 Cook's Choice FEATURED VEGETABLE: Cook's Choice Choice of Fruit(s) & Milk	28 Early Dismissal No Lunches	29 Last Day for Students Early Dismissal No Lunches Have a Great Summer!

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

USDA is an equal opportunity provider and employer.