

**October/November  
2021**



**Metz**  
CULINARY MANAGEMENT

**Hampton High School  
Lunch Menu**

**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch. Meat or meat alternate. Choice of Vegetable. Choice of Fruit. Grain/Bread. Choice of Milk - 1% white, fat-free white, chocolate, vanilla, strawberry and lactose free.

**Weekly Vegetable Subgroups**

**May Include:**

Dark Green - spinach, broccoli, romaine and spring salad  
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers  
Legumes - beans and peas  
Starchy - potatoes, corn, peas & lima beans  
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

**Daily Fruit Selections**

**May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Leave Your Lunch at Home**

Daily entrée options may include:  
Cheeseburger or Hamburger on a Bun  
Chicken Patty on a Bun  
Spicy Chicken Patty on a Bun

**UP FOR GRABS**

Crispy Chicken Salad with Rolls  
Garden Salad with Rolls

**DAILY PIZZA MAY INCLUDE**

Cheese  
Pepperoni  
Buffalo Chicken  
White  
Meat Lovers

*All students are eligible for a free meal.*

**MENU SUBJECT TO  
CHANGE BASED ON  
PRODUCT AVAILABILITY**

**Monday**

**4**  
Chicken Quesadilla  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Corn  
  
Choice of Milk

**11**  
**PDD Day**

**18**  
Corn Dog on a Stick  
or  
Alternate Entrées  
  
Featured Vegetable  
Baked Beans  
  
Choice of Milk

**25**  
BBQ Ribby on a Bun  
or  
Alternate Entrees  
  
Featured Vegetable  
Baked Beans  
  
Choice of Milk

**1**  
Pulled Pork/Pepper Jack Cheese  
Quesadilla  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Corn  
  
Choice of Milk

**8**  
Cowboy Burger  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Corn  
  
Choice of Milk

**Tuesday**

**5**  
Pasta with Meat Sauce  
Garlic Bread Stick  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Broccoli  
  
Choice of Milk

**12**  
Pasta with Meat Sauce  
Garlic Bread  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Green Beans  
  
Choice of Milk

**19**  
Pasta with Meat Sauce  
Garlic Bread Stick  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Mixed Veggies  
  
Choice of Milk

**26**  
Chicken Alfredo over Pasta  
Garlic Bread  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Broccoli & Cauliflower  
  
Choice of Milk

**2**  
Pasta with Meat Sauce  
Garlic Bread Stick  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Mixed Veggies  
  
Choice of Milk

**9**  
Pasta with Meat Sauce  
Garlic Bread Stick  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Broccoli  
  
Choice of Milk

**Wednesday**

**6**  
Chicken Sticks  
with a Dinner Roll  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Green Beans  
  
Choice of Milk

**13**  
Toasted Cheese  
or  
Alternate Entrees  
  
Featured Vegetable  
Tomato Soup  
  
Choice of Milk

**20**  
Pierogi Meal  
with a Dinner Roll  
or  
Alternate Entrees  
  
Featured Vegetable  
Ranchero Carrots  
  
Choice of Milk

**27**  
Chicken Bacon Cheese Wrap  
or  
Alternate Entrees  
  
Featured Vegetable  
Cole Slaw  
  
Choice of Milk

**3**  
Steak and Cheese Flatbread  
or  
Alternate Entrees  
  
Featured Vegetable  
Oven Baked French Fries  
  
Choice of Milk

**10**  
French Toast Sticks  
with Sausage  
or  
Alternate Entrees  
  
Featured Vegetable  
Potato Triangle  
  
Choice of Milk

**Thursday**

**7**  
Oven Baked Meatball Hoagie  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Mixed Veggies  
  
Choice of Milk

**14**  
Nachos Grande  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Corn  
  
Choice of Milk

**21**  
Chicken Soft Taco  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Corn  
  
Choice of Milk

**28**  
Beef Soft Taco  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Corn  
  
Choice of Milk

**4**  
Nacho Grande  
or  
Alternate Entrees  
  
Featured Vegetable  
Black Beans  
  
Choice of Milk

**11**  
Popcorn Chicken Bowl  
with a Dinner Roll  
or  
Alternate Entrees  
  
Featured Vegetable  
Mashed Potatoes/Corn  
  
Choice of Milk

**Friday**

**8**  
Cheese Pizza Sticks  
with Dipping Sauce  
or  
Alternate Entrées  
  
Featured Vegetable  
Ranchero Carrots  
  
Choice of Milk

**15**  
Chicken Tenders  
with a Dinner Roll  
or  
Alternate Entrees  
  
Featured Vegetable  
Cheesy Broccoli  
  
Choice of Milk

**22**  
Asian Noodle Bowl  
or  
Alternate Entrees  
  
Featured Vegetable  
Asian Blend  
  
Choice of Milk

**29**  
Chicken Fried Rice & Egg Roll  
or  
Alternate Entrees  
  
Featured Vegetable  
Steamed Broccoli  
  
Choice of Milk

**5**  
**PDD/Clerical Day**

**12**  
Buffalo Chicken Hoagie  
or  
Alternate Entrees  
  
Featured Vegetable  
Caesar Salad  
  
Choice of Milk

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

USDA is an equal opportunity provider and employer.

If interested in working in the cafeteria, please call: 412-492-6390

Please make checks payable to: HTSD Cafeteria Fund

Money may also be deposited into your child's account online @ [www.PayFort.net](http://www.PayFort.net)

Lunch Prices  
Student \$2.70  
Reduced \$.40  
Adult \$3.75

