

**August/September
2021**



Metz
CULINARY MANAGEMENT

Hampton Middle 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

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

All students are eligible for a free meal.

Mindy Baginski, Food Service Director
412-492-6390

metzfoods@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

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



Monday

30
Oven Baked Meatball Hoagie
or
Alternate Entrees
Featured Vegetable
Oven Baked French Fries
Choice of Milk

6
No School
Labor Day

13
BBQ Ribby on a Bun
or
Alternate Entrees
Featured Vegetable
Baked Beans
Choice of Milk

20
BBQ Chicken, Bacon, Cheese Wrap
or
Alternate Entrees
Featured Vegetable
French Fries
Choice of Milk

27
Buffalo Chicken Flatbread
or
Alternate Entrees
Featured Vegetable
Steamed Mixed Veggies
Choice of Milk

Tuesday

31
Nachos Grande
or
Alternate Entrees
Featured Vegetable
Steamed Corn
Choice of Milk

7
Chicken Tenderloins with a Dinner Roll
or
Alternate Entrees
Featured Vegetable
Baked Beans
Choice of Milk

14
Pulled Pork and Pepper Jack Quesadilla
or
Alternate Entrees
Featured Vegetable
Cole Slaw
Choice of Milk

21
Nachos Grande
or
Alternate Entrees
Featured Vegetable
Refried Beans
Choice of Milk

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

Wednesday

1
Toasted Cheese Sandwich
or
Alternate Entrees
Featured Vegetable
Tomato Soup
Choice of Milk

8
Pierogi Meal with a Dinner Roll
or
Alternate Entrees
Featured Vegetable
Steamed Carrots
Choice of Milk

15
Steak and Cheese On Flat Bread
or
Alternate Entrees
Featured Vegetable
Oven Baked French Fries
Choice of Milk

22
Oven Baked Italian Hoagie
or
Alternate Entrees
Featured Vegetable
Garden Salad
Choice of Milk

29
French Toast Sticks with Sausage
or
Alternate Entrees
Featured Vegetable
Potato Triangle
Choice of Milk

Thursday

26
Chicken Sticks with a Dinner Roll
or
Alternate Entrees
Featured Vegetable
Baked Beans
Choice of Milk

2
Pasta with Meat Sauce
Garlic Bread Stick
or
Alternate Entrees
Featured Vegetable
Steamed Green Beans
Choice of Milk

9
Beef Soft Taco
or
Alternate Entrees
Featured Vegetable
Steamed Corn
Choice of Milk

16
Pasta With Meat Sauce
Bread Stick
or
Alternate Entrees
Featured Vegetable
Green Beans
Choice of Milk

23
Ravioli with Sauce
Garlic Bread Stick
or
Alternate Entrees
Featured Vegetable
Ranchero Carrots
Choice of Milk

30
Pasta with Meat Sauce
Garlic Bread Stick
or
Alternate Entrees
Featured Vegetable
Steamed Broccoli
Choice of Milk

Friday

27
Cheese Pizza Sticks with Dipping Sauce
or
Alternate Entrees
Featured Vegetable
Steamed Corn
Choice of Milk

3
Pepperoni Roll with Dipping Sauce
or
Alternate Entrees
Featured Vegetable
Chicken Pea Salad
Choice of Milk

10
General Tso's Chicken over Rice
or
Alternate Entrees
Featured Vegetable
Steamed Broccoli
Choice of Milk

17
Cheese Sticks with Dipping Sauce
or
Alternate Entrees
Featured Vegetable
Cucumber Slices
Choice of Milk

24
Pepperoni Roll with Dipping Sauce
or
Alternate Entrees
Featured Vegetable
Steamed Broccoli
Choice of Milk

1
Cheese Pizza Sticks with Dipping Sauce
Or
Alternate Entrees
Featured Vegetable
Red Peppers
Choice of Milk