| February-2024 |  | Hartman Headstart Lunch Menu |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| What is a Meal? <br> You must choose at least 3 of the 5 components available for the school lunch price. <br> * Minimum of $1 / 2$ cup serving of fruit or a minimum of a $1 / 2$ cup of vegetable must accompany a reimbursable lunch. <br> - Meat or meat alternate <br> - Choice of Vegetable <br> - Choice of Fruit <br> - Grain/Bread <br> - Choice of Milk - $1 \%$ white and chocolate <br> Daily Fruit Choices May Include: | Monday | Tuesday | Wednesday | Thursday | Friday |
|  | February-19 | February-20 | February-21 | February-22 | February-23 |
|  | NO SCHOOL | Entrée | Entrée | Entrée | Entrée |
|  |  | Chicken Tenders w/ WG Roll | BBQ Ribby Sandwich on a WG Bun | Turkey Slices with Gravy | Cheese Pizza |
|  |  | Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies |
|  |  | Green Beans Featured Fruit Choice of Milk | Mixed Vegetables Featured Fruit Choice of Milk | Mashed Potatoes Featured Fruit Choice of Milk | Baked Beans Featured Fruit Choice of Milk |
|  | February-26 | February-27 | February-28 | February-29 | March-1 |
|  | Entrée | Entrée | Entrée | Entrée | Entrée |
|  | Meatball Sub on a WG Hoagie Bun | Nacho Grande w/ Tortilla Chips | Popcorn Chicken Mashed Potato Bowl w/Roll | WG Pasta w/ Meatballs w/Roll | Potato \& Cheese Pierogi w/Cheese Sauce \& Bacon |
|  | Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies |
|  | Glazed Carrots Featured Fruit | Seasoned Rice Featured Fruit | Golden Corn Featured Fruit | Mixed Vegetables Featured Fruit | Steamed Peas Featured Fruit |
|  | Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk |
|  | March-4 | March-5 | March-6 | March-7 | March-8 |
| Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100\% Fruit Juices, and Mandarin Oranges | Entrée | Entrée | Entrée | Entrée | Entrée |
|  | Jazzed up Fries | Walking Taco | Mini Corn Dogs | Chicken Sandwich on a WG Bun | Cheese Pizza |
|  | Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies |
|  | Cheesy Broccoli Rice Featured Fruit Choice of Milk | Seasoned Corn Featured Fruit Choice of Milk | Mixed Vegetables Featured Fruit Choice of Milk | Baby Carrots Featured Fruit Choice of Milk | Buttered Noodles Featured Fruit Choice of Milk |
|  | March-11 | March-12 | March-13 | March-14 | March-15 |
|  | Entrée | Entrée | Entrée | Entrée | Entrée |
|  | Cheeseburger on a WG Bun | Tot Chos w/Taco Meat \& Cheese Sauce over Tots | Chicken \& Gravy over WG Biscuit | WG Pasta w/ Meatsauce w/Roll | Toasted 3 Cheese Sandwich |
|  | Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies |
| Lunch Prices: | Potato Wedges Featured Fruit Choice of Milk | Seasoned Corn Featured Fruit Choice of Milk | Glazed Carrots Featured Fruit Choice of Milk | Steamed Peas Featured Fruit Choice of Milk | Mixed Vegetables Featured Fruit Choice of Milk |
| Student: Free Reduced: Free Adult: $\$ 4.75$ | March-18 | March-19 | March-20 | March-21 | March-22 |
|  | Entrée | Entrée | Entrée | Entrée | Entrée |
| Adult: \$4.75 <br> General Manager: Phone Number: 724-752-1591 Ext. 3020 Email: metz@ecasdk12.org | Mini Corn Dogs | Beef Taco on a WG Tortilla | Popcorn Chicken Mashed Potato Bowl w/Roll | Macaroni \& Cheese w/WG Roll | Homemade Cheese Pizza |
|  | Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies |
|  | Ranch Taters Featured Fruit Choice of Milk | Mixed Vegetables Featured Fruit Choice of Milk | Golden Corn Featured Fruit Choice of Milk | Seasoned Green Beans Featured Fruit Choice of Milk | Celery Sticks w/Ranch Featured Fruit Choice of Milk |
|  | March-25 | March-26 | March-27 | March-28 | March-29 |
| USDA IS AN EQUAL OPPORTUNITY EMPLOYER | Entrée | Entrée | Entrée |  |  |
| ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY | Chicken Tenders w/ WG Roll | Chicken Patty on a WG Bun | Cheeseburger on a WG Bum |  |  |
|  | Featured Veggies | Featured Veggies | Featured Veggies |  |  |
|  | Cucumber Slices Featured Fruit Choice of Milk | Seasoned Corn | Seasoned Rice |  |  |
|  | Choice of Milk | Choice of Milk | Choice of Milk |  |  |

