



Hartman Headstart Lunch Menu



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

- ★ 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 and chocolate

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges



Lunch Prices:

Student: Free
Reduced: Free
Adult: \$4.05

General Manager:

Phone Number:

724-752-1591 Ext. 3020

Email:

metz@ecask12.org

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY

Monday	Taco Tuesday	Wednesday	Pasta Thursday	Friday
11/14/22	11/15/22	11/16/22	11/17/22	11/18/22
Entrée	Entrée	Entrée	Entrée	Entrée
French Toast Sticks w/Sausage Links	Beef Taco on a Tortilla	Baked Chicken	Macaroni & Cheese w/ Dinner Roll	Personal Pan Pizza
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Hash browns	Corn & Black Bean Salad	Green Beans	Green Beans	Cheesy Broccoli
Cherry Tomatoes	Cheesy Refried Beans	Mashed Potatoes w/gravy	Italian Salad	Pasta Salad
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
11/21/22	11/22/22	11/23/22	11/24/22	11/25/22
Entrée	Entrée			
Chicken Sandwich on a Bun	Walking Taco	Thanksgiving Break		No School
Featured Veggies	Featured Veggies			
Baked Beans	Spanish Rice			
Sliced Cucumbers	Lettuce & Tomato Cup			
Featured Fruit	Featured Fruit			
Choice of Milk	Choice of Milk			
11/28/22	11/29/22	11/30/22	12/1/22	12/2/22
	Entrée	Entrée	Entrée	Entrée
	Chicken & Cheese Quesadilla	Chicken Tenders W / Roll	WG Penne & Meatsauce with a Breadstick	Toasted 3 Cheese Sandwich
	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
	Seasoned Black Beans	Steamed Broccoli	Steamed Peas	Tomato Soup
	Lettuce & Tomato Cups	Red Pepper Strips	Side Salad	Seasoned Curly Fries
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
12/5/22	12/6/22	12/7/22	12/8/22	12/9/22
Entrée	Entrée	Entrée	Entrée	Entrée
BBQ Ribby Sandwich	Nacho Grande w/ Tortilla Chips	Popcorn Chicken Mashed Potato Bowl	Pasta & Meat Sauce w/ Breadstick	Shredded Pork Tacos
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Steamed Broccoli	Seasoned Bean Dip	Steamed Corn	Steamed Carrots	Tater Tots
Baby Carrots	Lettuce & Tomato Cup	Mashed Potatoes and Gravy	Side Salad	Cole Slaw
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
12/12/22	12/13/22	12/14/22	12/15/22	12/16/22
Entrée	Entrée	Entrée	Entrée	Entrée
Jazzed up Fries w/ Roll	Chicken Nuggets	Cheese Burger on a Bun	WG Rotine & Meatballs with Breadstick	French Bread Pizza
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Cheesy Broccoli	Mexican Corn	Baked Beans	California Blend	Peas & Carrots
Cucumber Slices	Cherry Tomatoes	Tomato and Onion Salad	Italian Salad	Broccoli Florets with Ranch
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
12/19/22	12/20/22	12/21/22	12/22/22	12/23/22
Entrée	Entrée	Entrée	Entrée	
Philly Cheese Steak Sandwich	Tot Chos w/ Taco Meat & Cheese Sauce over Tots	Chicken Gravy over Biscuit	Chicken Sandwich	
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	
Steamed Corn	Baked Beans	Steamed Carrots	Green Beans	
Celery Sticks with Ranch	Lettuce & Tomato Cup	Red Pepper Strips	Side Caesar Salad	
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	