

MAY-JUNE 2023



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	Tuesday	Wednesday	Thursday	Friday
May-8	May-9	May-10	May-11	May-12
Entrée	Entrée	Entrée	Entrée	Entrée
Mini Corn Dogs	Chicken Tacon on WG Tortilla	Popcorn Chicken Mashed Potato Bowl w/WG Roll	Pierogies w/Cheese Sauce & Bacon	Fish Sticks
Featured Veggies French Fries Mixed Vegetable Featured Fruit Choice of Milk	Featured Veggies Seasoned Rice Cucumbers Featured Fruit Choice of Milk	Featured Veggies Golden Corn Mashed Potatoes w/gravy Featured Fruit Choice of Milk	Featured Veggies Glazed Carrots Italian Side Salad Featured Fruit Choice of Milk	Featured Veggies Cheesy Broccoli Tater Tots Featured Fruit Choice of Milk
May-15	May-16	May-17	May-18	May-19
Entrée	Entrée	Entrée	Entrée	Entrée
Chicken Patty Sandwich	Walking Taco	BBQ Ribby Sandwich	Toasted 3 Cheese Sandwich	Cheeseburger on WG Bun
Featured Veggies French Fries Baked Beans Featured Fruit Choice of Milk	Featured Veggies Seasoned Rice Buttered Corn Featured Fruit Choice of Milk	Featured Veggies Buttered Noodles Cheesy Cauliflower Featured Fruit Choice of Milk	Featured Veggies Fries Tomato Soup Featured Fruit Choice of Milk	Featured Veggies Glazed Carrots Parsley Buttered Potatoes Featured Fruit Choice of Milk
May-22	May-23	May-24	May-25	May-26
Entrée	Entrée	Entrée	Entrée	Entrée
Hot Dog on WG Bun	Tot Chos w/Taco Meat & Cheese Sauce over Tots	Chef's Choice	Pasta w/Meatsauce & WG Roll	Bagged Lunch-Turkey
Featured Veggies French Fries Green Beans Featured Fruit Choice of Milk	Featured Veggies Cheesy Broccoli Cucumbers Featured Fruit Choice of Milk	Featured Veggies Featured Fruit Choice of Milk	Featured Veggies Glazed Carrots Italian Side Salad Featured Fruit Choice of Milk	Featured Veggies Bagged Carrots Bag Apple Slices Bagged Snack Choice of Milk
May-29	May-30	May-31	June-1	June-2
	Entrée	Entrée	Entrée	NO SCHOOL
	Bagged Lunch-Ham	Manwich & Cheese Sauce over Tots	Bagged Lunch-Turkey	
	Bagged Carrots Bag Apple Slices Bagged Snack Choice of Milk	Featured Veggies Tater Tots Steamed Peas Featured Fruit Choice of Milk	Bagged Carrots Bag of Apple Slices Bagged Snack Choice of Milk	

