

September-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@ecasdk12.org

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY

Monday	Tuesday	Wednesday	Thursday	Friday
September-4	September-5	September-6	September-7	September-8
NO SCHOOL	Entrée	Entrée	Entrée	Entrée
	Popcorn Chicken & WG Roll	BBQ Ribby Sandwich on a WG Bun	Chicken Sandwich on a WG Bun	Cheese Pizza
	Featured Veggies Green Beans Featured Fruit Choice of Milk	Featured Veggies Mixed Vegetables Featured Fruit Choice of Milk	Featured Veggies Pasta Salad Featured Fruit Choice of Milk	Featured Veggies Seasoned Corn Featured Fruit Choice of Milk
September-11	September-12	September-13	September-14	September-15
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
Featured Veggies Glazed Carrots Featured Fruit Choice of Milk	Featured Veggies Cucumber Slices Featured Fruit Choice of Milk	Featured Veggies Golden Corn Featured Fruit Choice of Milk	Featured Veggies Lemon Parmesan Broccoli Featured Fruit Choice of Milk	Featured Veggies Steamed Peas Featured Fruit Choice of Milk
September-18	September-19	September-20	September-21	September-22
Entrée	Entrée	Entrée	Entrée	Entrée
Jazzed up Fries	Walking Taco	Hot Dog on a WG Bun	Chicken Alfredo over WG Pasta w/Roll	Chicken Sandwich on a WG Bun
Featured Veggies Cheesy Broccoli Featured Fruit Choice of Milk	Featured Veggies Seasoned Corn Featured Fruit Choice of Milk	Featured Veggies Fries Featured Fruit Choice of Milk	Featured Veggies Celery Sticks Featured Fruit Choice of Milk	Featured Veggies Baked Beans Featured Fruit Choice of Milk
September-25	September-26	September-27	September-28	September-29
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/Meat Sauce & Roll	Toasted 3 Cheese Sandwich
Featured Veggies Cheesy Broccoli Featured Fruit Choice of Milk	Featured Veggies Seasoned Corn Featured Fruit Choice of Milk	Featured Veggies Glazed Carrots Featured Fruit Choice of Milk	Featured Veggies Steamed Peas Featured Fruit Choice of Milk	Featured Veggies Mixed Vegetables Featured Fruit Choice of Milk
October-2	October-3	October-4	October-5	October-6
Entrée	Entrée	Entrée	Entrée	Entrée
Mini Corn Dogs	Beef Taco on a WG Tortilla	Popcorn Chicken Mashed Potato Bowl w/Roll	Macaroni & Cheese w/Bacon	Homemade Cheese Pizza
Featured Veggies Fries Featured Fruit Choice of Milk	Featured Veggies Seasoned Rice Featured Fruit Choice of Milk	Featured Veggies Golden Corn Featured Fruit Choice of Milk	Featured Veggies Seasoned Green Beans Featured Fruit Choice of Milk	Featured Veggies Celery Sticks w/ Ranch Featured Fruit Choice of Milk
October-9	October-10	October-11	October-12	October-13
NO SCHOOL	Entrée	Entrée	Entrée	Entrée
	Chicken Tenders w/ WG Roll	Chicken Teriyaki w/ Fried Rice	WG Pasta w/ Meatballs w/Roll	Pulled Pork & Cheddar Sandwich
	Featured Veggies Seasoned Corn Featured Fruit Choice of Milk	Featured Veggies Red Pepper Strips Featured Fruit Choice of Milk	Featured Veggies Green Beans Featured Fruit Choice of Milk	Featured Veggies Mixed Vegetables Featured Fruit Choice of Milk