

April-2024



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: \$4.75

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

Brand or equivalent food offered/milk options defined

Monday	Tuesday	Wednesday	Thursday	Friday
April-1	April-2	April-3	April-4	April-5
NO SCHOOL	Entrée	Entrée	Entrée	Entrée
	Chicken Tenders w/ 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 Corn Featured Fruit Choice of Milk	Featured Veggies Glazed Carrots Featured Fruit Choice of Milk
April-8	April-9	April-10	April-11	April-12
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 Seasoned Rice Featured Fruit Choice of Milk	Featured Veggies Golden Corn Featured Fruit Choice of Milk	Featured Veggies Mixed Vegetables Featured Fruit Choice of Milk	Featured Veggies Steamed Peas Featured Fruit Choice of Milk
April-15	April-16	April-17	April-18	April-19
Entrée	Entrée	Entrée	Entrée	Entrée
Fish Sticks	Walking Taco	Mini Corn Dogs	Chicken Sandwich on a WG Bun	Cheeseburger on a WG Bun
Featured Veggies Cucumber Slices Featured Fruit Choice of Milk	Featured Veggies Seasoned Corn Featured Fruit Choice of Milk	Featured Veggies Fries Featured Fruit Choice of Milk	Featured Veggies Baby Carrots Featured Fruit Choice of Milk	Featured Veggies Buttered Noodles Featured Fruit Choice of Milk
April-22	April-23	April-24	April-25	April-26
Entrée	Entrée	Entrée	Entrée	Entrée
Chicken Tenders w/ WG Roll	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 Potato Wedges 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
April-29	April-30	May-1	May-2	May-3
Entrée	Entrée	Entrée	Entrée	Entrée
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 Cheesy Broccoli Featured Fruit Choice of Milk	Featured Veggies Mixed Vegetables 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
May-6	May-7	May-8	May-9	May-10
Entrée	Entrée	Entrée	Entrée	Entrée
Fish Sticks	Chicken Patty on a WG Bun	Cheeseburger on a WG Bun	Pasta w/Meatballs & WG Roll	Chicken Tenders & WG Roll
Featured Veggies Steamed Peas Featured Fruit Choice of Milk	Featured Veggies Side Salad 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