

JAN-FEB 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

Monday	Tuesday	Wednesday	Thursday	Friday
January-8	January-9	January-10	January-11	January-12
Entrée	Entrée	Entrée	Entrée	Entrée
Cheeseburger on a WG Bun	Chicken Tenders w/ WG Roll	BBQ Ribby Sandwich on a WG Bun	Chicken Sandwich on a WG Bun	Cheese Pizza
Featured Veggies Cheesy Broccoli Featured Fruit Choice of Milk	Featured Veggies Seasoned Rice Featured Fruit Choice of Milk	Featured Veggies Parsley Buttered Potatoes Featured Fruit Choice of Milk	Featured Veggies Baked Beans Featured Fruit Choice of Milk	Featured Veggies Seasoned Corn Featured Fruit Choice of Milk
January-15	January-16	January-17	January-18	January-19
NO SCHOOL	Entrée	Entrée	Entrée	Entrée
	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 Seasoned Rice Featured Fruit Choice of Milk	Featured Veggies Golden Corn Featured Fruit Choice of Milk	Featured Veggies Seasoned Broccoli Featured Fruit Choice of Milk	Featured Veggies Steamed Peas Featured Fruit Choice of Milk
January-22	January-23	January-24	January-25	January-26
Entrée	Entrée	Entrée	Entrée	NO SCHOOL
Jazzed up Fries	Walking Taco	Mini Corn Dogs	Chicken n' Gravy over Rice	
Featured Veggies Cheesy Broccoli Featured Fruit Choice of Milk	Featured Veggies Seasoned Corn Featured Fruit Choice of Milk	Featured Veggies Mixed Vegetables Featured Fruit Choice of Milk	Featured Veggies Glazed Carrots Featured Fruit Choice of Milk	
January-29	January-30	January-31	February-1	February-2
Entrée	Entrée	Entrée	Entrée	Entrée
Cheeseburger on a WG Bun	Tot Chos w/Taco Meat & Cheese Sauce over Tots	Chicken & Gravy over WG Biscuit	Pasta w/Meatsauce & WG 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
February-5	February-6	February-7	February-8	February-9
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 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
February-12	February-13	February-14	February-15	February-16
Entrée	Entrée	Entrée	Entrée	Entrée
BBQ Pork Bowl	Chicken Patty on a WG Bun	Chicken Tenders w/WG Roll	Pasta w/Meatballs & WG Roll	Cheeseburger on a WG Bun
Featured Veggies Cheesy Broccoli Featured Fruit Choice of Milk	Featured Veggies Seasoned Corn Featured Fruit Choice of Milk	Snack Red Pepper Strips Bagged Fruit Milk	Featured Veggies Green Beans Featured Fruit Choice of Milk	Featured Veggies Mixed Vegetables Featured Fruit Choice of Milk