

Main Event

Monday, January 4

BBQ Rib Sandwich
Homestyle Baked Beans
Assorted Fruit & Milk Choice

Tuesday January 5

Pasta Bar w/ Garlic Knot & Tossed Salad
Choice of Red Sauce w/ Meat or Alfredo Sauce
Assorted Fruit & Milk Choice

Wednesday, January 6

Meatball Sub w/ Mozzarella Cheese
Steamy Buttery Green Beans
Assorted Fruit & Milk Choice

Thursday, January 7

Black Knight Mexican Chicken Bowl w/ Peppers, Onions,
Lettuce, Tomato, Rice & Beans
Assorted Fruit & Milk Choice

Friday, January 8

6 PC Knight Nuggets
Featured French Fry
Assorted Fruit & Milk Choice

Monday, January 11

French Bread Pizza
Tossed Salad w/ Dressing
Assorted Fruit & Milk Choice

Tuesday, January 12

Double Soft Tacos w/ Beef, Cheese, Salsa, Diced Tomato,
Shredded Lettuce & Sour Cream
Homestyle Baked Beans
Assorted Fruit & Milk Choice

Wednesday, January 13

General Tso w/ White Rice
Steamy Broccoli Florets & Fortune Cookie
Assorted Fruit & Milk Choice

Thursday, January 14

Chicken Tenders with Mashed Potatoes & Gravy
Garlic Knot
Assorted Fruit & Milk Choice

Friday, January 15

Brunch Lunch French Toast w/ Sausage
Hash Browns
Assorted Fruit & Milk Choice

Early Dismissal



Main Event

Monday, January 18

NO SCHOOL

Tuesday, January 19

Chef's Choice
Chef's Vegetable Choice
Assorted Fruit & Milk Choice

Wednesday, January 20

Chef's Choice
Chef's Vegetable Choice
Assorted Fruit & Milk Choice

Thursday, January 21

Chef's Choice
Chef's Vegetable Choice
Assorted Fruit & Milk Choice

Friday, January 22

Roasted Chicken w/ Mashed Potato and Gravy
Steamy Buttery Green Beans
Assorted Fruit & Milk Choice

Monday, January 25

Chicken Patty Sandwich w/ Lettuce & Tomato
Steamy Buttery Corn
Assorted Fruit & Milk Choice

Tuesday, January 26

Cup of Chili w/ Tostito Scoops & Corn Bread
Assorted Fruit & Milk Choice

Wednesday, January 27

Jaden Rudy's Hamburger Bowl
Hamburger, Mashed Potatoes, Corn,
Beef Gravy, and Cheddar Cheese
Assorted Fruit & Milk Choice

Thursday, January 28

Popcorn Chicken Bowl
w/ Mashed Potatoes, Gravy and Cheese
Assorted Fruit & Milk Choice

Friday, January 29

Chef's Choice
Chef's Vegetable Choice
Assorted Fruit & Milk Choice



Welcome to the New Year!

2016

Menus for January

HEMPFIELD SCHOOL DISTRICT - HIGH SCHOOL

This institution is an equal opportunity provider and employer. Menus are subject to change.

LUNCH MENU INFORMATION

- Customers may choose or decline a fruit.
- Customers may choose or decline a vegetable
- 2 meal times available Main Event & Soup & Salad Bar
- Students who qualify for Free & Reduced Priced meals may choose Main Event or Salad Bar meals options as a meal choice (All Other Items Are Ala Carte)

Meal Pricing

Salad Bar.....	\$3.70
Soup & Salad Bar.....	\$4.00
Adult Salad Bar.....	\$4.75
Adult Soup & Salad Bar.....	\$5.25
Main Event.....	\$2.75
Adult Main Event.....	\$4.25
Reduced Price Lunch.....	\$0.50

Breakfast.....	\$1.50
Breakfast Reduced.....	\$0.30
Breakfast Adult.....	\$2.30

Fruit Choice of (1)

Assorted Canned, Fresh Fruits,
100% Fruit Juices Available Daily

Vegetable Bar Choice of (2)

Carrot Sticks

Celery Sticks

Cauliflower

Broccoli

3 Bean Salad

Available Daily



A selection of hot pizza at ala carte pricing.
Our pizza products are made with white flour

Monday
Papa John's Pizza

Tuesday
Big Daddy's Cheese Pizza

Wednesday
Big Daddy's Cheese Pizza

Thursday
Domino's Pizza

Friday
Chef's Special

Select Beverages Daily

Soft Drinks	Bottled Water
Ice Teas	Juices
Flavored Milk	Coffee
Gatorade	Flavored Waters



David's Cookies
a bite above the rest.®



Ala Carte Menu

Menu Selections on this side
are ala carte only.

Students must have funds in
their account or cash to
purchase.

No Charging Allowed

Fresh Made Salads
Premium Salad Combo Special \$5.00

Salad Only \$4.00

Grilled Chicken

Buffalo Chicken

Cobb Salad

Freshly made grilled chicken salad on bed
of iceberg lettuce w/ roll
and regular ice tea
or bottled water



Select Subway Subs
Ala Carte \$3.50
Available Every Wednesday

MAKE IT A COMBO DEAL!
Subway sub, Dorito Chips, small
chocolate chip cookie, ice tea or
bottled water
\$5.00



Sandwich Ala Carte Line

A selection of hot Sandwiches and French
Fries at ala carte pricing. Must have funds to



Monday

Double Cheese Burger.....\$2.85

Tuesday

Fiesta Foot Long Hot Dog....\$2.85

Wednesday

Breaded Chicken Sand.....\$2.85

Thursday

Chef's Choice.....\$2.85

Friday

Black Knight Special

**Chicken Sandwich, French Fries
& Turkey Hill Drink.....\$5.50**

Monday-Friday

French Fry Boats.....\$1.25

Deli Ala Carte Line

Subway Combo \$5.00

Combo Deals \$4.75

Sandwich, Wrap or Sub Only
\$3.50

