



# BREAKFAST @SCHOOL

For first-class learning!

Hempfield Middle Schools—DECEMBER



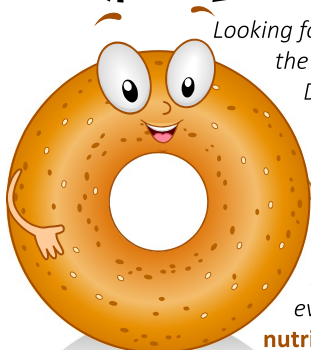
## BREAKFAST MENU FOR DECEMBER 2016

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



### Breakfast Bites!

Looking forward to strapping on the feed bag at Thanksgiving Dinner? OK, that's cool – especially if you usually try to eat healthy. But do your body a favor – take it easy the rest of the day leading up to the main event – **eat a light, nutritious breakfast that morning**, and you can feel better about your evening meal!



Enjoy your Breakfast!

#### Daily

- Fruit
- 100% Fruit Juice
- 100% Vegetable Juice
- 1% White Milk
- Fat Free Flavored Milk

#### Daily A la Carte

- Beverages
- Select Baked Goods
- Breakfast Sandwiches



#### Monday

**Choose Any 1 Entrée**

- Eggo Mini Pancakes w/ Syrup
- Kellogg's Pop Tarts
- Super Bakery Donuts
- Fruit / Juice Choice
- Milk Choice

#### Tuesday

**Choose Any 1 Entrée**

- French Toast Sticks w/ Sausage & Syrup
- Kellogg's Pop Tarts
- Super Bakery Donuts
- Fruit / Juice Choice
- Milk Choice

**TUESDAY Sandwich**

- Egg, Cheese & Bacon on English Muffin Sandwich

#### Wednesday

**Choose Any 1 Entrée**

- Sky Blue Sweet Roll
- Kellogg's Pop Tarts
- Super Bakery Donuts
- Fruit / Juice Choice
- Milk Choice

**WEDNESDAY Sandwich**

- Egg, Sausage & Cheese on English Muffin Sandwich

#### Thursday

**Choose Any 1 Entrée**

- Nardone's Breakfast Pizza
- Kellogg's Pop Tarts
- Super Bakery Donuts
- Fruit / Juice Choice
- Milk Choice

**THURSDAY Sandwich**

- Egg, Cheese & Bacon on English Muffin Sandwich

#### Friday

**Choose Any 1 Entrée**

- Warm Dutch Waffle
- Kellogg's Pop Tarts
- Super Bakery Donuts
- Fruit / Juice Choice
- Milk Choice

**Cold Cereal Daily**  
Cereal & Grahams  
Fruit / Fruit Juice  
Milk Choice

**Other Meals Daily**  
Homemade Parfaits  
Breakfast Bagel Meal  
Fruit / Fruit Juice  
Milk Choice

First things First -- New This Year!

Choose at least **ONE** serving of **FRUIT** and at least **THREE** items **TOTAL** so your meal counts as a **Complete Breakfast!**

**BREAKFAST@SCHOOL**  
For first-class learning!

**BREAKFAST@SCHOOL** helps keep kids healthy and gives them the energy they need to learn.

**Still the best deal in town!**

Secondary Reduced

**\$0.00**

Secondary Breakfast

**\$1.50**

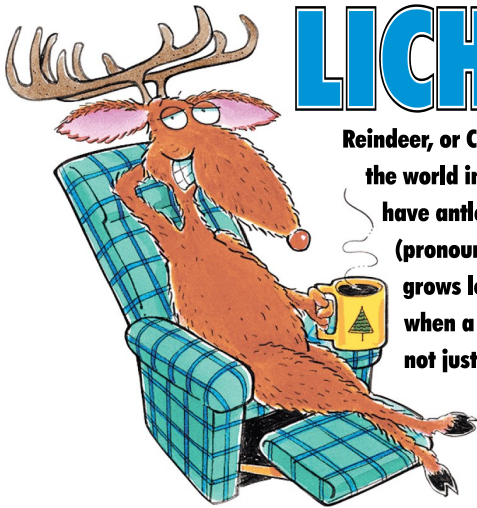
Get in touch with us today to learn more about free and reduced price meals in our district: 717-898-5566



# Menus for December 2016

## HEMPFIELD SCHOOL DISTRICT - MIDDLE SCHOOL

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# LICHEN LIFE

Reindeer, or Caribou, are the only deer species in the world in which both the males and females have antlers. Reindeer eat a lot of lichen (pronounced "like-en"), a moss-like plant that grows low to the ground in Arctic regions. So when a reindeer's munching some moss, he's not just lovin' life -- he's "lichen" it, too!

## ANIMAL APPETITES

### Daily Offerings at Lunch

- Featured Hot Vegetable or Sun Cup Tomato Juice
- 100% Fruit Juice Monday & Wednesday
- 1% White Milk & Fat Free Flavored Milks
- Featured Fruit/Fresh Fruit (1 option)

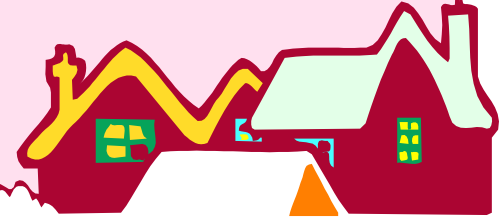
### Daily Offerings At Breakfast

- Hot Entrée or General Mills Cold Cereal/Cereal Bar
- Choice of 100% Sun Cup Tomato Juice
- Choice of 1% White Milk & Fat Free Flavored Milk
- 100% Fruit Juice or Fruit Offered Daily
- Graham Crackers or Toast



We wish you & your family a warm & happy holiday season!

From Brian Rathgeb, Food Service Director  
Hempfield School District and the Entire Food Services Staff



### Thurs., Dec. 1

#### Lunch

- Rib-B-Que Sub
- Home Style Baked Beans
- Pineapple Tidbits
- Milk Choice
- Or
- Pizza Express
- Domino's Cheese Pizza
- Featured Vegetable, Fruit and Milk

### Friday, Dec. 2

#### Lunch

- Brunch Lunch
- French Toast Sticks & Sausage
- Baked Tater Tots
- Assorted Fruit Choice
- Milk Choice
- Or
- Pizza Express
- Big Daddy's Cheese Pizza
- Featured Vegetable, Fruit and Milk

**EARLY DISMISSAL**

# First things First

### STUDENT PRICING:

Breakfast.....\$1.50      Reduced Price.....\$0.00  
Lunch .....\$2.60      Reduced Price.....\$0.40

Domino's Pizza Lunch.....\$2.65  
Premium Pizza Lunch.....\$2.65  
Subway Lunch .....\$4.00  
A la carte Milk.....\$0.65

### ADULT PRICING:

Breakfast - \$2.30      Lunch - \$4.25 - \$5.25

### Menu Choices

**Hot Entrée: Choose 1**  
**Featured Item or Alternate**

**Vegetable: Choose up to 2**

**Students may choose up to 2 vegetable choices which consist of vegetable juice and featured vegetable or veggie bar item with the entrée.**

**Fruit: Choose 1**

**Students may choose 1 fruit or fruit juice. Extra fruit or fruit juice can be purchased at the a la carte price of \$0.75 each.**

**Students must select a fruit and/or vegetable with their meal.**

### Monday, Dec. 5

#### Lunch

- Bacon Cheeseburger w/ Pickles on Wheat Roll
- Home Style Baked Beans
- 100% Fruit Punch or Raisins
- Milk Choice
- Or
- Pizza Express
- Big Daddy's Buffalo Chicken Pizza w/ Featured Vegetable, Fruit and Milk

### Tuesday, Dec. 6

#### Lunch

- Rotini Pasta w/ Meatballs
- Red Sauce
- Texas Garlic Toast
- Steamy Broccoli Florets
- Raisins
- Milk Choice
- Or
- Pizza Express
- Homemade Cheese or Pepperoni Pizza w/ Vegetable, Fruit and Milk
- Or
- Sandwich Express
- Breaded Chicken Sandwich w/ Featured Vegetable, Fruit and Milk

### Wed., Dec. 7

#### Lunch

- Hot & Spicy Chicken Patty
- Sandwich w/ Lettuce & Tomato
- Featured Fry
- 100% Assorted Fruit Juice
- Milk Choice
- Or
- Pizza Express
- Big Daddy's Cheese Pizza
- Featured Vegetable, Fruit and Milk
- Or
- Subway Meal \$3.80
- Sun Chips, Fruit, Vegetable and Milk

### Thurs., Dec. 8

#### Lunch

- Black Knight Burger w/ Bacon, Cheese, Lettuce, Tomato, Onions, Sauce & Pickle
- Home-style Baked Beans
- Feature Fry
- Apple Slice Packet
- Milk Choice
- Or
- Pizza Express
- Domino's Cheese Pizza
- Featured Vegetable, Fruit & Milk
- Or
- Sandwich Express
- Breaded Chicken Sandwich w/ Featured Vegetable, Fruit and Milk

### Friday, Dec. 9

#### Lunch

- Crazy Dipper Day
- 2 Max Cheese Sticks w/ Marinara
- 2 Chicken Tenders
- Steamy Buttery Carrot Coins
- Assorted Fruit
- Milk Choice
- Or
- Pizza Express
- Big Daddy's Cheese Pizza
- Featured Vegetable, Fruit and Milk
- Or
- Sandwich Express
- Breaded Chicken Sandwich w/ Featured Vegetable, Fruit and Milk

**Monday, Dec. 12**

**Lunch**

Popcorn Chicken w/ Breadstick  
Steamy Winter Mix  
100% Assorted Fruit Juice  
Milk Choice  
Or  
Pizza Express  
Big Daddy's 4 Meat Cheese Pizza  
Featured Vegetable, Fruit and Milk

**Tuesday, Dec. 13**

**Lunch**

Double Soft Tacos w/ Beef, Cheese,  
Lettuce & Tomato  
Home Style Beans  
Diced Pears  
Milk Choice  
Or  
Sandwich Express  
Breaded Chicken Sandwich w/ Featured  
Vegetable, Fruit and Milk

**Wed., Dec. 14**

**Lunch**

Chicken Tenders w/ Breadstick  
Tossed Salad w/ Dressing  
100% Assorted Fruit Juice  
Milk Choice  
Or  
Subway Meal \$3.80  
Sun Chips, Fruit, Vegetable and Milk

**Thurs., Dec. 15**

**Lunch**

Meatball Sub w/ Mozzarella Cheese  
Steamy Buttery Carrot Coins  
Pineapple Tidbits  
Milk Choice  
Or  
Pizza Express  
Domino's Cheese Pizza  
Featured Vegetable, Fruit and Milk

**Friday, Dec. 16**

**Lunch**

**Holiday Lunch**  
Hot Sliced Turkey Sandwich w/wo Gravy  
Mashed Potatoes w/wo Gravy  
Apple Slice Packet or  
Diced Strawberry Cup  
Pumpkin or Apple Pie  
Milk Choice  
Or  
Pizza Express  
Big Daddy's Cheese Pizza  
Featured Vegetable, Fruit and Milk

**Monday, Dec. 19**

**Lunch**

Brunch Lunch  
French Toast Sticks & Sausage  
Baked Tater Tots  
Assorted Fruit Choice  
Milk Choice  
Or  
Pizza Express  
Big Daddy's 4 Meat Cheese Pizza  
Featured Vegetable, Fruit and Milk

**Tuesday, Dec.20**

**Lunch**

Black Knight Burger w/ Bacon, Cheese,  
Lettuce, Tomato, Onion, Sauce & Pickle  
Featured Fry  
Home Style Baked Beans  
Applesauce  
Milk Choice  
Or  
Pizza Express  
Homemade Cheese or Pepperoni Pizza  
Or  
Sandwich Express  
Breaded Chicken Sandwich w/ Featured  
Vegetable, Fruit and Milk

**Wed., Dec. 21**

**Lunch**

Philly Cheese Steak Sub  
Served on Club Roll  
Steamy Broccoli Florets  
100% Assorted Fruit Juice  
Milk Choice  
Or  
Pizza Express  
Big Daddy's Buffalo Chicken Pizza  
Featured Vegetable, Fruit and Milk  
Or  
Subway Meal  
Sun Chips, Fruit, Vegetable and Milk

**Thurs., Dec. 22**

**Lunch**

Chicken Sticks w/  
Texas Garlic Toast  
Mashed Potatoes & Gravy  
Pineapple Tidbits  
Milk Choice  
Or  
Pizza Express  
Assorted Cheese Pizza  
Vegetable, Fruit and Milk Choice

**EARLY DISMISSAL**

**Friday, Dec. 23**

**No  
SCHOOL**



No matter how it might look, the top part of this tree is not floating in mid-air! Two artists wrapped the trunk in plastic and spray painted the plastic to match the

background and create this cool illusion! You can learn more by searching on-line for "floating tree illusion."

**Monday, Dec. 26**

**No  
SCHOOL**



**Tuesday, Dec.27**

**No  
SCHOOL**



**Wed., Dec. 28**

**No  
SCHOOL**



**Thurs., Dec. 29**

**No  
SCHOOL**



**Friday, Dec. 30**

**No  
SCHOOL**



**ENJOY YOUR BREAK!**

**Last day of school:  
Thurs., Dec. 22**

**Classes resume:  
Tues., Jan. 3**

**SEE YOU IN 2017!**