



MENUS FOR OCTOBER 2017

HEMPFIELD SCHOOL DISTRICT—ELEMENTARY

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

**1% Low Fat
Flavored Milk Is
Back!
A La Carte Milk
Price \$0.65**



Daily Offerings at Lunch

- Featured Hot Vegetable-Some menu days offer 2 vegetables; students may take both options.
- Choice of Canned Fruit or Fresh Whole Fruits
- 100% Fruit Juice offered Wednesday & Friday
- 1% White & 1% Flavored Milks
-

Daily Offerings At Breakfast

- Hot Entrée or General Mills Cold Cereal/Cereal Bar
- Choice of 100% Sun Cup Fruit Juice
- 1% White & 1% Flavored Milks
- Choice of Canned Fruit or Fresh Whole Fruits



Monday, Oct. 2

Breakfast

Whole Grain Sweet Roll or
Whole Grain Muffin
Assorted Fruit/Juice Choice
Milk Choice

Lunch

Premium Big Daddy's
Cheese Pizza
Or
Fun on The Run
Whole Grain
Soft Baked Pretzel
Yogurt Cup
Carrot Stick Packet w/ Ranch Dip
Craisins
Milk Choice
Or
Popcorn Chicken Salad
w/ Dinner Roll

Tuesday, Oct. 3

Breakfast

Egg, Cheese & Sausage Muffin
Breakfast Sandwich
Assorted Fruit/Juice Choice
Milk Choice

Lunch

Taco Tuesday
Walking Taco w/ Beef
Crumbles, Shredded Cheese,
Shredded Lettuce and Salsa
Or
Chicken Patty Sandwich w/
Lettuce, Tomato & Pickles
Home-Style Baked Beans
Pears
Milk Choice
Or
Popcorn Chicken Salad
w/ Dinner Roll



Wednesday, Oct. 4

Breakfast

Whole Grain Donuts or Whole
Grain Kellogg's Pop Tarts
Assorted Fruit/Juice Choice
Milk Choice

Lunch

Meatball Sub w/ Mozzarella
Cheese
Or
**Domino's Smart Slice
Cheese Pizza**
Steamy Broccoli Florets
Assorted Fruit Choice
Assorted Fruit Juice
Milk Choice
Or
Popcorn Chicken Salad
w/ Dinner Roll

Thursday, Oct. 5

Breakfast

Dutch Waffle
Assorted Fruit/Juice Choice
Juice
Milk Choice

Lunch

Jr. Knight Burger w/ Bacon,
Cheese & Pickle
Or
Hot Dog on Wheat Roll
Golden Corn
Mandarin Oranges
Milk Choice
Chocolate Pudding
Or
Popcorn Chicken Salad
w/ Dinner Roll



Friday, Oct. 6

Breakfast

Chef's Breakfast Choice
Assorted Fruit/Juice Choice
Milk Choice

Lunch

Smucker's PB&J Uncrustable
Grape or Strawberry
Or
Chicken Nuggets
w/ Dinner Roll
Chef's Vegetable Choice
Assorted Fruit Choice
Assorted Fruit Juice
Milk Choice
Or
Popcorn Chicken Salad
w/ Dinner Roll

Early Dismissal

First things First

STUDENT PRICING

Breakfast.....**\$1.35** Reduced Price.....**\$0.00**
Lunch**\$2.45** Reduced Price.....**\$0.40**

Salad Meal.....**\$2.45**
Premium Pizza/Domino's Lunch.....**\$2.65**
A la Carte Milk.....**\$0.65**

ADULT PRICING

Breakfast - **\$2.30** Lunch - **\$4.25 - \$5.00**

Menu Choices For 2017-2018 SY

Entrée Choose 1:
Featured Item, Alternate, or Salad

Vegetable Choose up to 2:
Students may choose up to 2 vegetable choices which consist of Bean Salad and featured vegetable with the entrée. Some menu days feature 3 vegetable choices in which students can select all 3.

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, Oct. 9

**Teacher In-Service Day
No School**

Free & Reduced Price Meals

Meal benefits will carry over for the first 30 calendar days of the 2017-2018 school year & then **expire on October 10, 2017**. Only one application per family is required.

**IMPORTANT
INFORMATION**

Tuesday, Oct. 10

Breakfast

Egg, Cheese & Sausage Muffin
Breakfast Sandwich
Assorted Fruit/Juice Choice
Milk Choice

Lunch

Corn Dog Day
Corn Dog on a Stick
Or
Chicken Tenders
w/ Dinner Roll
Carrot Sticks w/ Ranch Dip
Home-Style Baked Beans
Pears
Milk Choice
Or
Chef Salad w/ 2 Proteins
Cheez-It Crackers

Wednesday, Oct. 11

Breakfast

Whole Grain Donuts or Whole
Grain Kellogg's Pop Tarts
Assorted Fruit/Juice Choice
Milk Choice

Lunch

Philly Steak Sub
w/wo Cheese Sauce
Or
**Domino's Smart Slice
Cheese Pizza**
Steamy Broccoli Florets
w/wo Cheese Sauce
Assorted Fruit Choice
Assorted Fruit Juice
Milk Choice
Or
Chef Salad w/ 2 Proteins
Cheez-It Crackers

Thursday, Oct. 12

Breakfast

Maple Mini Pancakes
Applesauce/Juice Choice
Milk Choice

Lunch

Brunch Lunch
French Toast Sticks
Yogurt Cup
Or
Chicken Patty
Sandwich w/ Lettuce,
Tomato & Pickles
Baked Tater Tots
Applesauce
Milk Choice
Or
Chef Salad w/ 2 Proteins
Cheez-It Crackers

Friday, Oct. 13

Breakfast

Egg, Ham & Cheese
Breakfast Muffin Sandwich
Fruit/Juice Choice
Milk Choice

Lunch

Stuffed Crust Cheese Pizza
Or
Chicken Nuggets
w/ Dinner Roll
Steamy Seasoned Peas
Assorted Fruit Choice
Assorted Fruit Juice
Milk Choice
Or
Chef Salad w/ 2 Proteins
Cheez-It Crackers

Monday, Oct. 16

Breakfast

Whole Grain Sweet Roll or
Whole Grain Muffin
Assorted Fruit/Juice Choice
Milk Choice

Lunch

Jr. Knight Burger w/ Bacon,
Cheese, & Pickle
Or
Hot Dog on Wheat Roll
Straight Cut Fries
Pears
Milk Choice
Chocolate Pudding
Or
Popcorn Chicken Salad
w/ Dinner Roll



Tuesday, Oct. 17

Breakfast

Egg, Cheese & Sausage Muffin
Breakfast Sandwich
Assorted Fruit/Juice Choice
Milk Choice

Lunch

Taco Tuesday

Soft Shell Taco w/ Beef
Crumbles, Shredded Cheese,
Shredded Lettuce and Salsa
Or
Chicken Patty Sandwich w/
Lettuce, Tomato & Pickles
Home-Style Baked Beans
Fresh Banana
Milk Choice
Or
Popcorn Chicken Salad
w/ Dinner Roll



Wednesday, Oct. 18

Breakfast

Whole Grain Donuts or
Whole Grain Kellogg's Pop Tarts
Assorted Fruit/Juice Choice
Milk Choice

Lunch

Grilled Cheese Sandwich w/
Tomato Soup & Gold Fish Crackers
Or
**Domino's Smart Slice
Cheese Pizza**
Steamy Broccoli Florets
w/wo Cheese Sauce
Assorted Fruit Choice
Assorted Fruit Juice
Milk Choice
Or
Popcorn Chicken Salad
w/ Dinner Roll
Early Dismissal

Thursday, Oct. 19

Breakfast

Dutch Waffle
Assorted Fruit/Juice Choice
Juice
Milk Choice

Lunch

NEW Ham & Cheese
w/ Lettuce, Tomato, & Pickle on
WG Sweet Hawaiian Sub Roll
Or
Chicken Tenders
Steamy Carrots
Assorted Fruit
Assorted Fruit Juice
Soft Pretzel
Milk Choice
Or
Popcorn Chicken Salad
w/ Dinner Roll

Early Dismissal



Friday, Oct. 20

**Teacher In-Service Day
No School**

**Now Hiring
Food Service Substitutes!
Visit the Human
Resources Department
website and apply today!
\$9.60 an hour
Flexible Schedule**

**FOOD SERVICES
NOW
HIRING**
www.hempfieldsd.org/apply

Free & Reduced Price Meal Benefits

Meal benefits will carry over for the first 30 calendar days of the 2017-2018 school year & then **expire at the end of the day on October 10, 2017**. Only one application per family is required.

Apply at ezmealapp.com

Negative Meal Accounts

Students may charge **3 lunches**. After the 3rd charge, an alternate lunch will be provided until the negative account is paid in full. Students that qualify for free, reduced price or paid meal status are responsible for negative debt.

Dietary Information

For questions concerning dietary needs, visit www.hempfieldsd.org and select the Operations tab or call 717-898-5566.

Questions

For questions concerning meal accounts or any other information, please visit www.hempfieldsd.org and select the Operations tab or call 717-898-5566.

Food Service Substitutes \$9.60

Food Service Substitute positions are available. Apply at <https://www.applitrack.com/hempfieldsd/onlineapp/default.aspx>

Monday, Oct. 23

Breakfast

Whole Grain Sweet Roll or
Bagel w/ Cream Cheese & Jelly
Assorted Fruit/Juice Choice
Milk Choice

Lunch

Premium Big Daddy's
Cheese Pizza
Or
Fun on The Run
Whole Grain Soft Baked
Pretzel
Yogurt Cup
Carrot Stick Packet
w/ Ranch Dip
Craisins
Milk Choice
Or
Chef Salad w/ 2 Proteins
Cheez-It Crackers

Tuesday, Oct. 24

Breakfast

Egg, Cheese & Sausage Muffin
Breakfast Sandwich
Assorted Fruit/Juice Choice
Milk Choice

Lunch

Corn Dog Day
Corn Dog on a Stick
Or
Chicken Tenders
w/ Dinner Roll
Home-Style Baked Beans
Apple Slices
Milk Choice
Happy Birthday Cupcake
Or
Chef Salad w/ 2 Proteins
Cheez-It Crackers

Wednesday, Oct. 25

Breakfast

Whole Grain Donuts or
Whole Grain Kellogg's Pop Tarts
Assorted Fruit/Juice Choice
Milk Choice

Lunch

Pasta w/ Meatballs
w/ Dinner Roll
Or
**Domino's Smart Slice
Cheese Pizza**
Steamy Broccoli Florets
Assorted Fruit Choice
Assorted Fruit Juice
Milk Choice
Or
Chef Salad w/ 2 Proteins
Cheez-It Crackers

Thursday, Oct. 26

Breakfast

Maple Mini Pancakes
Applesauce/Juice Choice
Milk Choice

Lunch

Brunch Lunch
French Toast Sticks
Yogurt Cup
Or
Chicken Patty Sandwich w/
Lettuce, Tomato & Pickles
Baked Tater Tots
OJ or Fresh Banana
Milk Choice
Or
Chef Salad w/ 2 Proteins
Cheez-It Crackers

Friday, Oct. 27

Breakfast

Breakfast Pizza Wedge
Assorted Fruit/Juice Choice
Milk Choice

Lunch

Mac & Cheese
w/ Dinner Roll
Or
Chicken Nuggets
w/ Dinner Roll
Steamy Carrots
Assorted Fruit Choice
Assorted Fruit Juice
Milk Choice
Or
Chef' Salad w/ 2 Proteins
Cheez-It Crackers

Monday, Oct. 30

Breakfast

Whole Grain Sweet Roll or
Bagel w/ Cream Cheese & Jelly
Mandarin Orange Cup
Milk Choice

Lunch

NEW Ham & Cheese
w/ Lettuce, Tomato, & Pickle on
Sweet Hawaiian Sub Roll
Or
Chicken Tenders
Steamy Peas & Carrots
Assorted Fruit
Assorted Fruit Juice
Soft Pretzel
Milk Choice
Or
Popcorn Chicken Salad
w/ Dinner Roll



Tuesday, Oct. 31

Breakfast

Egg, Cheese & Sausage Muffin
Breakfast Sandwich
Assorted Fruit/Juice Choice
Milk Choice

Lunch

Taco Tuesday
Walking Zombie Taco w/ Beef,
Shredded Cheese, Shredded Lettuce
and Salsa
Or
Creepy Chicken Patty
Sandwich w/ Lettuce, Tomato, &
Pickles
Haunted Home-Style Baked Beans
Scary Peaches
Ghostly Milk Choice
Or
Popcorn Chicken Salad
w/ Dinner Roll

**Spooky Sundae
Ice Cream Cup**



Reminder to Parents

Parents can....

**Deposit funds in
their student's
meal account
any time!**

**View cafeteria
purchases!**

**Track meal account
balances!**

**Set up low-balance
e-mail reminders!**

Schedule recurring payments!



**Go to
mySchoolBucks.com**

A La Carte Program

Whole grain cookies, fruit snacks, fruit, beverages, baked chips, popcorn, and other snacks available daily!

**Monday.....Hershey's Ice Cream Day
Wednesday.....Hershey's Ice Cream Day
Friday.....Hershey's Ice Cream Day**



Ice Cream Day will be reschedule when inclement weather or in-service days occur. For example, if a teacher in-service day is scheduled on a Friday, ice cream will be offered on Thursday, the day before. If school is closed on Wednesday due to snow, ice cream will be offer the following day.