



BREAKFAST @SCHOOL

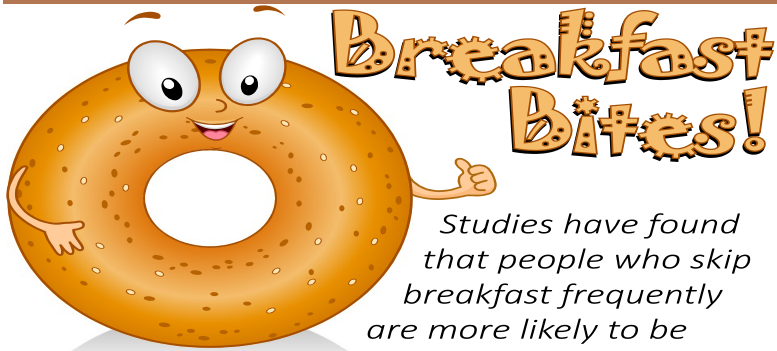
For first-class learning!

MIDDLE SCHOOL



BREAKFAST MENU JANUARY 2017

This institution is an equal opportunity provider and employer.



Studies have found that people who skip breakfast frequently are more likely to be overweight, more likely to eat a lot of unhealthy snacks, and less likely to get the recommended servings of fruit and veggies throughout the day. Don't skip!

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

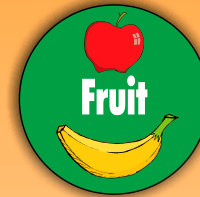
Other Meals Daily

- Homemade Parfaits
- Breakfast Bagel Meal
- Cold Cereals & Grahams
- Fruit/Fruit Juice
- Milk Choice

Dollar Breakfast Days For Paid Students January 3 & 4 All Meals Only \$1.00!

First things First

To make a breakfast, choose at least one



or



and at least three items total



Hempfield School District

Monday

Choose Any 1 Entrée

- 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

Still the best deal in town!

Secondary Reduced Breakfast

\$0.00

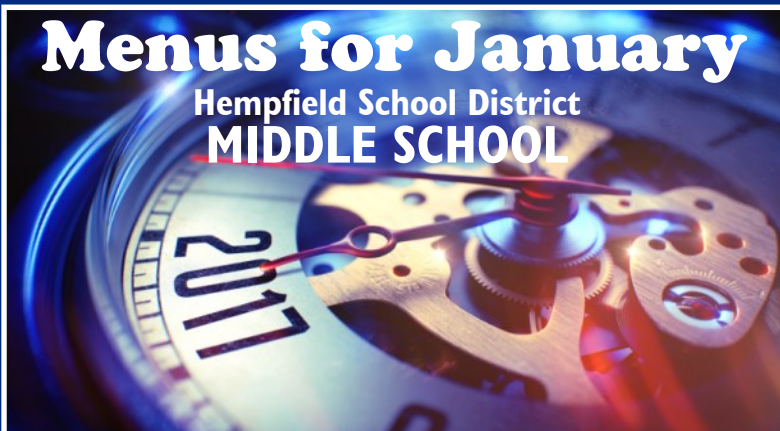
Secondary Breakfast

\$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 January

Hempfield School District
MIDDLE SCHOOL



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



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Daily Offerings at Lunch

- Featured Hot Vegetable or Sun Cup Tomato Juice
- Featured Fruit on Menu, Canned Fruit or Fresh Fruits
- 100% Fruit Juice offered Monday & Wednesday
- 1% White Milk & Fat Free Flavored Milks
- Chef's Salad Choice every Friday (manager will select a featured salad to offer)

Daily Offerings At Breakfast

- Hot Entrée or General Mills Cold Cereal/Cereal Bar
- Choice of 100% Sun Cup Fruit Juice
- 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



fresh garden bar!



- Celery Sticks
 - Carrot Sticks
 - Broccoli
 - 4 Bean Salad
- Daily

Available Daily

**Popcorn Chicken
Salad w/ Dressing
& Breadstick**
\$2.60



The Meal Deal Individually Wrapped Smucker's
Uncrustable Grape PB&J **\$2.00**

Or

Black Knight Italian Sub w/ Lettuce & Tomato
\$2.65

Bagged Apple Slices, Carrot Sticks & 1.5oz
Whole Grain Chocolate Chip Cookie

Beverage - Large Bottled Water

Field Trip!

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:

Menu Choices

Hot Entrée: Choose 1
Featured Item, Alternate, or Box Salad

Vegetable: Choose up to 2
Students may choose up to 2 vegetable choices which consist of vegetable juice 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, Jan. 2

**No
SCHOOL**



Tuesday, Jan. 3

Lunch

Chicken Sticks
Texas Garlic Toast
Steamy Carrot Coins
Dole Fruit Cup
Milk Choice
Or
Pizza Express
Big Daddy's Cheese Pizza
Featured Vegetable, Fruit & Milk Choice
Or
Sandwich Express Breaded Chicken Sandwich w/
Featured Vegetable, Fruit and Milk Choice

Wed., Jan. 4

Lunch

Hot & Spicy Chicken Patty
Sandwich on Wheat Roll w/ Lettuce & Tomato
Baked Tater Tots
100% Assorted Fruit Juice/Fruit
Milk Choice
Or
Pizza Express
Big Daddy's Buffalo Chicken Pizza
Featured Vegetable, Fruit & Milk Choice
Or
Subway Meal
Sun Chips, Fruit, Veggies & Milk Choice

Thurs., Jan. 5

Lunch

Black Knight Burger on Wheat Roll
w/ Bacon, Cheese, Lettuce, Onion, Sauce & Pickle
Featured Fry
Apple Slice Packet
Milk Choice
Or
Pizza Express
Domino's Cheese Pizza
Featured Vegetable, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and Milk Choice

Friday, Jan. 6

Lunch

Max Cheese Sticks w/ Marinara
Tossed Salad w/ Dressing
Assorted Fruit
Milk Choice
Or
Pizza Express
Big Daddy's Cheese Pizza
Featured Vegetable, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and
Milk Choice

Monday, Jan. 9

Lunch

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



Tuesday, Jan. 10

Lunch

Taco Tuesday
Double Soft Tacos w/ Beef, Cheese,
Lettuce & Tomato
Home Style Beans
Diced Pears
Milk Choice
Or
Pizza Express
Homemade Cheese or Pepperoni Pizza w/
Veggies, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and Milk Choice

Wed., Jan. 11

Lunch

Grilled Chicken Sandwich w/ Bacon and
American Cheese on Wheat Roll
w/ Lettuce & Tomato
Featured Fry
100% Assorted Fruit Juice/Fruit
Chocolate Pudding w/ Topping
Milk Choice
Or
Pizza Express
Big Daddy's Buffalo Chicken Pizza
Featured Vegetable, Fruit & Milk Choice
Or
Subway Meal
Sun Chips, Fruit, Veggies & Milk Choice

Thurs., Jan. 12

Lunch

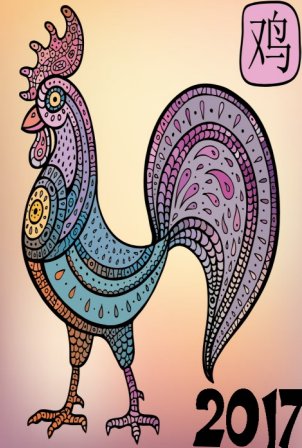
Meatball Sub On Wheat Club Roll w/ Mozzarella
Cheese
Steamy Buttery Carrot Coins
Pineapple Tidbits
Milk Choice
Or
Pizza Express
Domino's Cheese Pizza
Featured Vegetable, Fruit and Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and Milk Choice

Lunch

Hot Turkey Sandwich
Mashed Potatoes & Gravy
Assorted Fruit Choice
Milk Choice
Or
Pizza Express
Big Daddy's Cheese Pizza
Featured Vegetable, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and Milk Choice



**YEAR OF THE
ROOSTER**



This year, there are
TWO New Years
in January!

The Chinese
New Year begins
with the new moon
on January 28.

2017 is the
Year of the Rooster.

Monday, Jan. 16

**Martin Luther
King, Jr.**

1929
1968



1964
Awarded
Nobel Peace
Prize

No School

Tuesday, Jan. 17

Lunch

Rotini Pasta w/ Meatballs
Red Sauce & Texas Garlic Toast
Tossed Salad w/ Dressing
100% Assorted Fruit Juice/Fruit
Milk Choice
Or
Pizza Express
Homemade Cheese or Pepperoni Pizza w/
Veggies, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and Milk Choice

Wed., Jan. 18

Lunch

Hot & Spicy Chicken Patty
Sandwich on Wheat Roll
w/ Lettuce & Tomato
Baked Tater Tots
100% Assorted Fruit Juice/Fruit
Milk Choice
Or
Pizza Express
Big Daddy's Buffalo Chicken Pizza
Featured Vegetable, Fruit & Milk Choice
Or
Subway Meal
Sun Chips, Fruit, Veggies & Milk Choice



Thurs., Jan. 19

Lunch

Black Knight Burger on Wheat Roll
w/ Bacon, Cheese, Lettuce, Onions,
Sauce & Pickle
Featured Fry
Apple Slice Packet
Milk Choice
Or
Pizza Express
Domino's Cheese Pizza
Featured Vegetable, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and
Milk Choice

Early Dismissal

Friday, Jan. 20

Lunch

Brunch Lunch
French Toast Sticks
Scrambled Eggs
Baked Tater Tots
Assorted Fruit Choice
Milk Choice
Or
Pizza Express
Big Daddy's Cheese Pizza
Featured Vegetable, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and
Milk Choice

Early Dismissal

**NOW
HIRING**
APPLY TODAY

Food Service Substitutes
visit the Human
Resources Department website and
apply today!
\$9.50 an hour
Flexible Schedule



Monday, Jan. 23

Lunch

Popcorn Chicken Bowl w/ Mashed Potatoes,
Gravy, Cheese and Golden Corn
Breadstick
Diced Pears
Milk Choice
Or
Pizza Express
Big Daddy's Cheese Pizza
Featured Vegetable, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and Milk Choice

Tuesday, Jan. 24

Lunch

Taco Tuesday
Double Soft Tacos w/ Beef, Cheese,
Lettuce & Tomato
Home Style Beans
100% Assorted Fruit Juice/Fruit
Milk Choice
Or
Pizza Express
Homemade Cheese or Pepperoni Pizza w/
Veggies, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and Milk Choice

Wed., Jan. 25

Lunch

Grilled Chicken Sandwich w/ Bacon and
American Cheese on Wheat Roll
w/ Lettuce & Tomato
Featured Fry
100% Assorted Fruit Juice/Fruit
Chocolate Pudding w/ Topping
Milk Choice
Or
Pizza Express
Big Daddy's Buffalo Chicken Pizza
Featured Vegetable, Fruit & Milk Choice
Or
Subway Meal
Sun Chips, Fruit, Veggies & Milk Choice

Thurs., Jan. 26

Lunch

Hot Ham & Cheese on
WG Pretzel Roll
Featured Fry
Pineapple Tidbits
Milk Choice
Or
Pizza Express
Domino's Cheese Pizza
Featured Vegetable, Fruit
and Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and Milk Choice

Friday, Jan. 27

Lunch

Max Cheese Sticks w/ Marinara
Tossed Salad w/ Dressing
Assorted Fruit
Milk Choice
Or
Pizza Express
Big Daddy's Cheese Pizza
Featured Vegetable, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and Milk Choice

Monday, Jan. 30

Lunch

Black Knight Rib-B-Que Sub
on White Club Roll
Assorted Fry
100% Assorted Fruit Juice
Milk Choice
Or
Pizza Express
Big Daddy's 4 Meat Cheese Pizza
Featured Vegetable, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and Milk Choice

Tuesday, Jan. 31

Lunch

Rotini Pasta w/ Meatballs
Red Sauce & Texas Garlic Toast
Tossed Salad w/ Dressing
Apple Slices
Milk Choice
Or
Pizza Express
Homemade Cheese or Pepperoni Pizza w/
Veggies, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and Milk Choice

