



# BREAKFAST @SCHOOL

For first-class learning!

Middle Schools & High School

Featuring  
Healthy Fruits  
& Grains!

**BREAKFAST MENU  
FOR May/June 2017**

This institution is an equal opportunity provider and employer.



to cool off on special holiday mornings with a treat called Pavlova, which features meringue and fresh fruit!



## 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

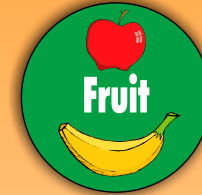
- Homemade Parfaits
- Breakfast Bagel Meal
- Cold Cereals & Grahams
- Fruit/Fruit Juice
- Milk Choice

## A La Carte Pricing

- Breakfast Sandwich... \$1.25
- Milk.....\$0.65
- Fruit Juice.....\$0.75
- Cereal.....\$1.00

## First things First

To make a breakfast,  
choose at least one



or



and at  
least  
three  
items  
total



**Hempfield School District**

# 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

**Reduced Students eat breakfast for free!**

### Monday

#### Choose Any 1 Entrée

- Whole Grain Donuts
- Breakfast Pizza Wedge
- Kellogg's Pop Tarts
- Chef's Choice
- Dutch Waffle
- Fruit /juice Choice
- Milk Choice

### Tuesday

#### Choose Any 1 Entrée

- Whole Grain Donuts
- Breakfast Pizza Wedge
- Kellogg's Pop Tarts
- Fruit/Juice Choice
- Milk Choice
- TUESDAY Sandwich**  
Egg, Sausage & Cheese on English Muffin

### Wednesday

#### Choose Any 1 Entrée

- Whole Grain Donuts
- Breakfast Pizza Wedge
- Kellogg's Pop Tarts
- Fruit /juice Choice
- Milk Choice
- WEDNESDAY Sandwich**  
Egg, Sausage & Cheese on English Muffin

### Thursday

#### Choose Any 1 Entrée

- Whole Grain Donuts
- Breakfast Pizza Wedge
- Kellogg's Pop Tarts
- Super Bakery Donuts
- Fruit/Juice Choice
- Milk Choice
- THURSDAY Sandwich**  
Egg, Bacon & Cheese on English Muffin

### Friday

#### Choose Any 1 Entrée

- Whole Grain Donuts
- Breakfast Pizza Wedge
- Kellogg's Pop Tarts
- Chef's Choice Item
- Fruit/Juice Choice
- Milk Choice

**Chef Choice Days Starting May 25th—June 8th**

Hempfield School District  
**May/June Menus**  
**LANDISVILLE MIDDLE SCHOOL**  
**2017**



This institution is an equal opportunity provider and employer.

**Chef Choice Day's**  
**Include the Following Items:**  
 Hot or Cold Entrée  
 1-2 Grain Servings  
 1-2 Vegetables  
 1 Fruit Serving  
 1/2 pt. Milk Choice

Managers will notify school offices the day before of menu items.



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

# Meal Applications

For Meal Benefits Apply at [ezmealapp.com](http://ezmealapp.com)

Hempfield Food Services will no longer mail home paper meal applications. Families must submit a new meal benefit application every school year. **If your child received a reduced priced or free meal status during the 2016-2017 SY, you will need to submit another application for the 2017-2018 SY starting July 5, 2017.** Families who do not submit a new application are responsible for any negative amounts their students incur. Paper applications are available upon request at the Food Services Office.

Questions - Please call 717-898-5566

### 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

## Monday, May 1

### Lunch

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

## Tuesday, May 2

### Lunch

Hot Ham & Cheese on Pretzel Roll w/ American Cheese  
 Featured Fry  
 Mandarin Oranges  
 Milk Choice  
 Or  
 Pizza Express  
 Big Daddy's Chicken Pizza  
 Featured Vegetable, Fruit, & Milk Choice  
 Or  
 Sandwich Express  
 Breaded Chicken Sandwich w/ Featured Vegetable, Fruit, and Milk Choice

## Wed., May 3

### Lunch

Hot & Spicy Chicken Patty Sandwich on Wheat Roll w/ Lettuce & Tomato  
 Featured Fry  
 100% Assorted Fruit Juice  
 Peaches  
 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., May 4

### Lunch

Hot Turkey Sandwich w/ Gravy  
 Feature 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, May 5

### Lunch

Brunch Lunch  
 French Toast Sticks  
 Sausage  
 Tri Taters  
 100% Assorted Fruit Juice  
 Milk Choice  
 Or  
 Pizza Express  
 Assorted Pizza  
 Featured Vegetable, Fruit, & Milk Choice  
 Or  
 Sandwich Express  
 Breaded Chicken Sandwich w/ Featured Vegetable, Fruit, and Milk Choice  
**Early Dismissal**

## Monday, May 8

### Lunch

Max Cheese Sticks w/ Marinara  
 Tossed Salad w/ Dressing  
 100% Assorted Fruit Juice  
 Pineapple Tidbits  
 Milk Choice  
 Or  
 Pizza Express  
 Big Daddy's Pepperoni Pizza  
 Featured Vegetable, Fruit, & Milk Choice  
 Or  
 Sandwich Express  
 Breaded Chicken Sandwich w/ Featured Vegetable, Fruit, and Milk Choice

## Tuesday, May 9

### Lunch

Hot Ham & Cheese on Pretzel Roll w/ American Cheese  
 Featured Fry  
 Mandarin Oranges  
 Milk Choice  
 Or  
 Pizza Express  
 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., May 10

### Lunch

Deluxe Burger w/ Bacon on Wheat Roll  
 Lettuce & Tomato  
 Featured Fry  
 100% Assorted Fruit Juice  
 Peaches  
 Chocolate Pudding w/ Topping  
 Milk Choice  
 Or  
 Pizza Express  
 Pizza Express Homemade Cheese or Pepperoni Pizza w/ Veggies, Fruit, & Milk Choice  
 Or  
 Subway Meal  
 Sun Chips, Fruit, Veggies & Milk Choice

## Thurs., May 11

### Lunch

Chef's Choice  
 Chef's Vegetable Choice  
 Apple Slice Packet  
 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

**Last Domino's Pizza Day**



## Friday, May 12

### Lunch

Chef's Choice  
 Chef's Vegetable Choice  
 100% Assorted Fruit Juice  
 Milk Choice  
 Or  
 Pizza Express  
 Assorted Pizza  
 Featured Vegetable, Fruit, & Milk Choice  
 Or  
 Sandwich Express  
 Breaded Chicken Sandwich w/ Featured Vegetable, Fruit, and Milk Choice

# First things First

### STUDENT PRICING:

Breakfast.....\$1.50	Reduced Price.....\$0.00
Lunch.....\$2.60	Reduced Price.....\$0.40
Salad.....\$2.65	

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, 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, May 15

### Lunch

Cheesburger on Wheat Roll  
Golden Potatoes  
Pineapple Tidbits  
Milk Choice  
Or  
Pizza Express  
Big Daddy's Pepperoni Pizza  
Featured Vegetable, Fruit, & Milk Choice  
Or  
Sandwich Express  
Breaded Chicken Sandwich w/ Featured  
Vegetable, Fruit, and  
Milk Choice

## Tuesday, May 16

### Lunch

Hot Deli Turkey w/ American Cheese on  
Pretzel Roll  
Featured Fry  
Mandarin Oranges  
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., May 17

### Lunch

Deluxe Burger w/ Bacon  
on Wheat Roll  
Lettuce & Tomato  
Featured Fry  
100% Assorted Fruit Juice  
Peaches  
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

**Last  
Subway Day**

## Thurs., May 18

### Lunch

Chef's Choice  
Chef's Vegetable Choice  
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

**8th Grade Field Trip**

## Friday, May 19

### Lunch

Hot Ham & Cheese Pretzel Roll  
Sandwich  
Golden Potatoes  
100% Assorted Fruit Juice  
Milk Choice  
Or  
Pizza Express  
Big Daddy's Pepperoni Pizza  
Featured Vegetable, Fruit, & Milk Choice  
Or  
Sandwich Express  
Breaded Chicken Sandwich w/ Featured  
Vegetable, Fruit, and Milk Choice

## Lunch Refunds

For those graduating seniors who have funds leftover in their meal accounts, parents may request a refund, request the money be transferred to a sibling's account, or donate to another student. Parents will need to complete a *Lunch Account Refund Application* which can be found on the Food Services webpage.

<http://www.hempfieldsd.org/Page/548>

Forms are due by **June 13, 2017**, and can be sent to the Food Service Office via U.S. Mail or by scanning the form and emailing it to: [brian\\_rathgeb@hempfieldsd.org](mailto:brian_rathgeb@hempfieldsd.org)

## Monday, May 22

### Lunch

Chef's Choice  
Chef's Vegetable Choice  
Assorted Fruit  
Milk Choice  
Or  
Pizza Express  
Big Daddy's Pepperoni Pizza  
Featured Vegetable, Fruit, & Milk Choice  
Or  
Sandwich Express  
Breaded Chicken Sandwich w/ Featured  
Vegetable, Fruit, and  
Milk Choice

## Tuesday, May 23

### Lunch

Picnic Meal Theme Day  
Hamburger or Hot Dog w/ Fixings  
Featured Fry  
Sliced Watermelon  
Mini Rice Krispy Treat  
Milk Choice  
Or  
Pizza Express  
Big Daddy's Pepperoni Pizza  
Featured Vegetable, Fruit, & Milk Choice



## Wed., May 24

### Lunch

Chef's Choice  
Chef's Vegetable Choice  
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

**Last Sandwich Express Day**

## Thurs., May 25

### Lunch

Chef's Choice  
Chef's Vegetable Choice  
Assorted Fruit  
Milk Choice  
Or  
Pizza Express  
Big Daddy's Buffalo Chicken Pizza  
Featured Vegetable, Fruit, & Milk Choice

**Last Vegetable  
Bar Day**

**Last Salad Day**

## Friday, May 26

### Lunch

Brunch Lunch  
French Toast Sticks  
Sausage  
Tri Taters  
100% Assorted Fruit Juice  
Milk Choice  
Or  
Pizza Express  
Assorted Pizza  
Featured Vegetable, Fruit, & Milk Choice

**Early Dismissal**

## Monday, May 29

### Negative Meal Account Reminder

All negative meal accounts must be paid in full by the end of the day on **May 30, 2017**.

Negative Balance Letters will be mailed home to those families still carrying a negative meal account.

No negative accounts may carry into the 2017-2018 SY. Students in grades K-12 who have a negative balance after **May 30** will receive a cheese sandwich & juice meal option.

**NO SCHOOL TODAY**

## Tuesday, May 30

### Lunch

Pretzel Roll Cheeseburger  
4 Bean Salad  
Golden Potatoes  
Assorted Fruit & Juice  
Milk Choice  
Or  
Pizza Express  
Big Daddy's Cheese Pizza  
Featured Vegetable, Fruit, & Milk Choice



## Wed., May 31

### Lunch

Chef's Choice  
Steamy Carrots  
Assorted Fruit & Juice  
Milk Choice  
Or  
Assorted Cheese Pizza  
Featured Vegetable, Fruit, and Milk Choice

## Thurs., June 1

### Lunch

Chef's Choice  
Steamy Broccoli Florets  
Assorted Fruit & Juice  
Milk Choice  
Or  
Assorted Cheese Pizza  
Featured Vegetable, Fruit, and Milk Choice



## Friday, June 2

### Lunch

Chef's Choice  
Chef's Vegetable Choice  
Assorted Fruit  
Milk Choice  
Or  
Assorted Cheese Pizza  
Featured Vegetable, Fruit, and Milk Choice

## Monday, June 5

### Breakfast

Chef's Breakfast Choice  
Fruit / Juice Choice & Milk Choice  
**Lunch**  
Chef's Choice  
Chef's Vegetable Choice  
Assorted Fruit & Milk Choice  
Or  
Assorted Cheese Pizza  
Featured Vegetable, Fruit, and Milk Choice

## Tuesday, June 6

### Breakfast

Chef's Breakfast Choice  
Fruit / Juice Choice & Milk Choice  
**Lunch**  
Chef's Choice  
Chef's Vegetable Choice  
Assorted Fruit & Milk Choice  
Or  
Assorted Cheese Pizza  
Featured Vegetable, Fruit, and Milk Choice

**Early Dismissal**

## Wed., June 7

### Breakfast

Chef's Breakfast Choice  
Fruit / Juice Choice  
Milk Choice  
**Lunch**  
Chef's Choice  
Chef's Vegetable Choice  
Assorted Fruit & Milk Choice  
Or  
Assorted Cheese Pizza  
Featured Vegetable, Fruit, and Milk Choice

**Early Dismissal**

## Thurs., June 8

### Breakfast

Chef's Breakfast Choice  
Fruit / Juice Choice  
Milk Choice

**Only Breakfast is Served Today**

**Have a Fun & Safe Summer**

**Early Dismissal**

## Food Allergies & Medical Forms

Whichever allergy your child may have, it's important to follow the instructions from your medical provider. Your doctor will need to provide a medical statement that tells us the specific **foods, beverages, and ingredients** that the child can and cannot have. A statement that just says "no milk" or "no egg" does not provide enough information. *We cannot accept handwritten notes from parents concerning allergy issues.*

**PARENTS/GUARDIANS:** If your child has a dietary condition or a food allergy, a "**Medical Care of Plan for School Food Service**" form must be signed by your family physician, registered with the school nurse and the Food Services Office in order for any dietary change to be made. Families have 5 days to submit the form signed by the physician. If families need more time, they must contact the Food Service Office. **Please note, this form is in addition to the forms your school nurse provides.**

Forms can be found on the Food Service Dept. webpage at: <http://www.hempfieldsd.org/domain/57>

Forms can be emailed to the Director of Food Services [brian\\_rathgeb@hempfieldsd.org](mailto:brian_rathgeb@hempfieldsd.org)

Medical Forms can be mailed to Brian Rathgeb Hempfield Food Services Department 200 Church Street Landisville PA 17538