



BREAKFAST @SCHOOL

For first-class learning!

Middle Schools & High School

Featuring
Healthy Fruits
& Grains!

**BREAKFAST MENU
November 2017**

This institution is an equal opportunity provider and employer.



**DON'T
FORGET**



Manager's Breakfast Choice will be offered November 17, 20 & 21 due to the Thanksgiving Holiday.

A selection of hot & cold breakfast items will be available.



Daily

- Fruit
- 100% Fruit Juice
- 1% White Milk
- 1% Low Fat Flavored Milk

A La Carte Pricing

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

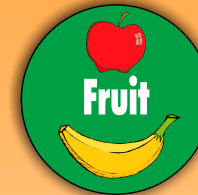


Other Meals Daily

- Homemade Parfaits-HS only
- Cold Cereals
- Fruit/Fruit Juice
- Milk Choice

First things First

To make a breakfast, choose at least one



or



and at least three items total



Hempfield School District

Monday

Choose Any | Entrée

- Mini Cinnis
- Mini Pancakes
- Breakfast Pizza
- Kellogg's Pop Tarts
- Assorted Fruit Choice
- Assorted Fruit Juice
- Milk Choice

Tuesday

Choose Any | Entrée

- Cinnamon Roll & Donuts
- Kellogg's Pop Tarts
- Assorted Fruit Choice
- Assorted Fruit Juice
- Milk Choice

Tuesdays Sandwich

Egg, American Cheese, & Sausage on English Muffin

Wednesday

Choose Any | Entrée

- Cinnamon Roll & Donuts
- Assorted Muffins
- Kellogg's Pop Tarts
- Assorted Fruit Choice
- Assorted Fruit Juice
- Milk Choice

Wednesdays Sandwich

Stuffed Breakfast Sandwich With Egg, Ham, and Cheese

Thursday

Choose Any | Entrée

- Cinnis Minis
- Mini Pancakes
- Breakfast Pizza
- Kellogg's Pop Tarts
- Assorted Fruit Choice
- Assorted Fruit Juice
- Milk Choice

Thursdays Sandwich

Egg, American Cheese, & Sausage on English Muffin

Friday

Choose Any | Entrée

- Managers' Breakfast Choice
- A Selection of 2 Items Selected By the Manager**
- or
- Breakfast Pizza
- Kellogg's Pop Tarts
- Assorted Fruit Choice
- Assorted Fruit Juice
- 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 November 2017

Hempfield School District MIDDLE SCHOOL

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

Wednesday, Nov. 1

Lunch

General Tso Chicken
Brown Rice & Vegetable Egg Roll
Fortune Cookie
Mandarin Oranges or Fruit Juice
Milk Choice
Or
Pizza Express
Big Daddy's Pepperoni or
Cheese Pizza
Vegetable, Fruit, &
Milk Choice
Or

Subway Day

w/ Sun Chips
Assorted Subway Subs
Vegetable, Fruit, &
Milk Choice

Thursday, Nov. 2

Lunch

Meatball Sub
w/ Mozzarella Cheese
Potato Wedges
Assorted Fruit
Milk Choice
Or
Pizza Express
Domino's Cheese Pizza
Vegetable, Fruit, & Milk Choice
Or
Sandwich Express
Double Cheeseburger
Vegetable, Fruit, & Milk Choice



Friday, Nov. 3

Lunch

Popcorn Chicken Bowl w/
Mashed Potatoes, Corn, Gravy,
& Cheese
Applesauce
Dinner Roll
Or
Pizza Express
Stuffed Crust Cheese Pizza
Vegetable, Fruit, & Milk
Choice
Or
Sandwich Express
Premium Chicken Sandwich
Vegetable, Fruit, & Milk
Choice

STUDENT PRICING

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

Premium Pizza/Domino's Lunch.....\$2.65
Sandwich Express Lunch\$3.75
Subway Lunch.....\$4.25
A la Carte Milk.....\$0.65

ADULT PRICING

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

Monday, Nov. 6

Lunch

Deluxe Burger w/ Lettuce,
Tomato, & Pickle
Onion Rings
Assorted Fruit or Fruit Juice
Milk Choice
Or
Pizza Express
Big Daddy's Pepperoni or
Cheese Pizza
Vegetable, Fruit, & Milk
Choice
Or
Sandwich Express
Premium Chicken Sandwich
Vegetable, Fruit, & Milk
Choice

Tuesday, Nov. 7

Lunch

Try Me Tuesday
Grilled Cheese Sandwich
Tomato Soup & Gold Fish
Crackers
Steamy Peas & Carrots
Pineapple
Milk Choice
Or
Pizza Express
Buffalo Chicken Pizza
Vegetable, Fruit, & Milk
Choice
Or
Sandwich Express
Premium Chicken Sandwich
Vegetable, Fruit, & Milk
Choice

Wednesday, Nov. 8

Lunch

Sweet & Sour Chicken w/ Brown
Rice & Vegetable Egg Roll
Fortune Cookie
Mandarin Oranges or Fruit Juice
Milk Choice
Or
Pizza Express
2 Double Stuffed Crust
Pizza Sticks w/ Marinara
Vegetable, Fruit, &
Milk Choice
Or

Subway Day

w/ Sun Chips
Assorted Subway Subs
Vegetable, Fruit, &
Milk Choice

Thursday, Nov. 9

Lunch

Chicken Tenders Wrap w/
Lettuce & Tomato
Straight Cut Fry
Apple Slices w/ Peanut Butter
Milk Choice
Or
Pizza Express
Domino's Cheese Pizza
Vegetable, Fruit, & Milk Choice
Or
Sandwich Express
Double Cheeseburger
Vegetable, Fruit, & Milk Choice



Friday, Nov. 10

Lunch

Brunch Lunch
French Toast Sticks w/
Sausage
Hash Browns
Assorted Fruit or Fruit Juice
Milk Choice
Or
Pizza Express
Stuffed Crust Cheese Pizza
Vegetable, Fruit, & Milk
Choice
Or
Sandwich Express
Premium Chicken Sandwich
Vegetable, Fruit, & Milk
Choice

Early Dismissal

eatfit wanna stay fit?
gotta eat right!

verdict: heed the horn

This time of year, you see a lot of images of what's called a "cornucopia," a.k.a. a "horn of plenty." Ever notice what it's **PLENTY** full of?

Fruits and whole grains and nuts and veggies! **Just like your plate should be!**



STRANGE BUT TRUE!

LOTS OF OTHER ANIMALS BESIDES DEER LOVE ACORNS. BUT IF ALL THE ACORNS GET EATEN, WHERE WILL NEW OAK TREES COME FROM? DON'T WORRY -- **THE OAK TREES HAVE A PLAN!** MOST YEARS, THE TREES PRODUCE A FAIRLY SMALL CROP OF ACORNS, WHICH MEANS THE ACORN-EATERS WILL HAVE LESS FOOD TO GO AROUND AND FEWER OFFSPRING. THEN, THE TREES WILL HAVE **WHAT'S KNOWN AS A "MAST" YEAR**, WHEN THEY PRODUCE HUGE NUMBERS OF ACORNS -- FAR MORE THEN THE SMALLER POPULATION OF ACORN-LOVERS CAN EAT, SO MORE ACORNS **HAVE A CHANCE TO BECOME SEEDLINGS AND MATURE OAKS!**



Monday, Nov. 13

Lunch

Double Chicken Fajitas w/ Peppers, Onions, Cheese, & Salsa
Onion Rings
Assorted Fruit or Fruit Juice
Milk Choice
Or
Pizza Express
Big Daddy's Pepperoni or Cheese Pizza
Vegetable, Fruit, & Milk Choice
Or
Sandwich Express
Premium Chicken Sandwich
Vegetable, Fruit, & Milk Choice

Tuesday, Nov. 14

Lunch

Taco Tuesday

Double Soft Tacos w/ Beef, Rice, Lettuce, Tomato, Cheese, & Salsa
Veggie Bar
Assorted Fruit
Milk Choice
Or
Pizza Express
Personal Round Cheese or Pepperoni Pizza
Vegetable, Fruit, & Milk Choice
Or
Sandwich Express
Premium Chicken Sandwich
Vegetable, Fruit, & Milk Choice
Chocolate Pudding

Wednesday, Nov. 15

Lunch

Waffles & Chicken
Dutch Waffle & Chicken Tenders
Tater Tots
Mandarin Oranges or Fruit Juice
Milk Choice
Or
Pizza Express
Big Daddy's Pepperoni or Cheese Pizza
Vegetable, Fruit, & Milk Choice
Or

Subway Day

w/ Sun Chips
Assorted Subway Subs
Vegetable, Fruit, & Milk Choice

Thursday, Nov. 16

Lunch

Thanksgiving Lunch

Sliced Turkey
Mashed Potatoes & Gravy
Dinner Roll
Cranberry Sauce
Veggie Mix
Corn, Green Beans, Peas, & Carrots
Pumpkin Pie
Assorted Fruit
Or
Pizza Express
Domino's Cheese Pizza



Friday, Nov. 17

Lunch

Brunch Lunch
French Toast Sticks
Yogurt Cup & Hash Browns
Assorted Fruit or Fruit Juice
Milk Choice
Or
Pizza Express
Stuffed Crust Cheese Pizza
Vegetable, Fruit, & Milk Choice
Or
Sandwich Express
Premium Chicken Sandwich
Vegetable, Fruit, & Milk Choice



Please Join us for our Thanksgiving Feast

Thursday, November 16

Monday, Nov. 20

Lunch

Chef's Choice
Chef's Vegetable Choice
Assorted Fruit or Assorted Juice
Milk Choice
Or
Pizza Express
Chef's Pizza Choice
Vegetable, Fruit, & Milk Choice
Or
Sandwich Express
Premium Chicken Sandwich
Vegetable, Fruit, & Milk Choice

No Veggie Bar

Tuesday, Nov. 21

Lunch

Chef's Choice
Chef's Vegetable Choice
Assorted Fruit or Assorted Juice
Milk Choice
Or
Pizza Express
Chef's Pizza Choice
Vegetable, Fruit, & Milk Choice
Or
Sandwich Express
Double Cheeseburger
Vegetable, Fruit, & Milk Choice

Wednesday, Nov. 22



Thursday, Nov. 23



Friday, Nov. 24



Carrot Sticks
Celery Sticks
4 Bean Salad
Fresh Broccoli Available
Monday—Thursday



Monday, Nov. 27



Tuesday, Nov. 28

Lunch

Double Chicken Fajitas w/ Peppers & Onions
Onion Rings
Fresh Banana
Milk Choice
Or
Pizza Express
Buffalo Chicken Pizza
Vegetable, Fruit, & Milk Choice
Or
Sandwich Express
Premium Chicken Sandwich
Vegetable, Fruit, & Milk Choice

Wednesday, Nov. 29

Lunch

Popcorn Chicken Bowl w/ Mashed Potatoes, Corn, Gravy, & Cheese
Applesauce
Dinner Roll
Or
Pizza Express
2 Double Stuffed Crust
Pizza Sticks w/ Marinara
Vegetable, Fruit, & Milk Choice
Or
Sandwich Express
Premium Chicken Sandwich
Vegetable, Fruit, & Milk Choice

Thursday, Nov. 30

Lunch

Land o Lakes Creamy Mac & Cheese
Dinner Roll
Steamy Peas & Carrots
Assorted Fruit
Milk Choice
Or
Pizza Express
Domino's Cheese Pizza
Vegetable, Fruit, & Milk Choice
Or
Sandwich Express
Double Cheeseburger



DID YOU KNOW?

Hempfield Food Services

Now Hiring

Family Friendly Hours

No Nights & No Weekends

Summers Off

www.hempfieldsd.org/apply