



BREAKFAST @SCHOOL

For first-class learning!

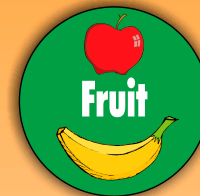
Middle School *This institution is an equal opportunity provider and employer.*

Featuring
Healthy Fruits
& Grains!

**BREAKFAST MENU
FOR MARCH 2017**

First things First

To make a breakfast,
choose at least one



or



and at
least
three
items
total



Hempfield School District



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



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

Wednesday

- Choose Any 1 Entrée**
- Sky Blue Sweet Roll
 - Kellogg's Pop Tarts
 - Super Bakery Donuts
 - Fruit/Juice Choice
 - Milk Choice

WEDNESDAY Sandwich
Egg, Cheese & Sausage on English Muffin

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

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 March 2017

**HEMPFIELD SCHOOL DISTRICT
MIDDLE SCHOOL**

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



The Meal Deal Individually Wrapped Smucker's Un crustable 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!

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/ BREADSTICK & DRESSING \$2.60



Wed., Mar. 1

Lunch

Fish Sandwich on White Roll w/Lettuce & Tomato
Seasoned Potato Wedges
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 and Veggies Milk Choice

Thurs., Mar. 2

Lunch

Chef's Choice
Chef's Vegetable Choice
Assorted Fruit
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, Mar. 3

Lunch

Max Cheese Sticks w/ Marinara
Steamy Seasoned Green Beans
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

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, 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, Mar. 6

Lunch

Popcorn Chicken Bowl w/ Breadstick, Golden Corn, Cheese, Mashed Potatoes and Gravy
100% Assorted Fruit Juice/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, Mar. 7

Lunch

Hot Turkey Sandwich
Mashed Potatoes & Gravy
Assorted 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., Mar. 8

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., Mar. 9

Lunch

NEW Dutch Waffle & Chicken
Dutch Waffle w/ 2 Chicken Tenders and Syrup
Baked Tater Tots
Apple Slices
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, Mar. 10

Lunch

Fish Sandwich on White Roll w/Lettuce & Tomato
Seasoned Potato Wedges
Assorted Fruit Choice
Milk Choice
Or
Pizza Express
Big Daddy's Cheese Pizza
Featured Vegetable, Fruit & Milk
Or
Sandwich Express
Breaded Chicken Sandwich
w/ Featured Vegetable, Fruit and Milk Choice

Monday, Mar. 13

Lunch

Brunch Lunch
French Toast Sticks
Sausage Links
Baked Tater Tots
Assorted Fruit Choice
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, Mar. 14

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., Mar. 15

Lunch

Chef's Choice
Chef's Vegetable Choice
Pineapple Tidbits
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., Mar. 16

Lunch

Chef's Choice
Chef's Vegetable Choice
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
St. Patrick's Day
Ice Cream Cup Mint Chocolate



Friday, Mar. 17

No  SCHOOL

Happy  St. Patrick's Day

NOW HIRING
APPLY TODAY

Food Service Substitutes
Visit the Human Resources Department website and apply today!
\$9.50 an hour
Flexible Schedule
www.hempfieldsd.org



Monday, Mar. 20

Lunch

Chef's Choice
Chef's Hot Vegetable Choice
Mandarin Oranges
Milk Choice
Or
Pizza Express
Big Daddy's Cheese Pizza
w/ Veggies, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich
w/ Featured Vegetable, Fruit and Milk Choice

Tuesday, Mar. 21

Lunch

Double Chicken Fajitas
w/ Peppers, Onions, Cheese & Salsa
Home Style Baked 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., Mar. 22

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
w/ Featured Vegetable, Fruit & Milk Choice
Or
Subway Meal
Sun Chips, Fruit, Veggies & Milk Choice

Thurs., Mar. 23

Lunch

Hot Ham & Cheese on
WG Pretzel Roll
Seasoned Potato Wedges
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, Mar. 24

Lunch

Max Cheese Sticks w/ Marinara
Steamy Seasoned Green Beans
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



Here's the bottom line: the best way to cook vegetables is whatever way that makes you want to eat more of them! But as much as 25% or more of Vitamin C and the B vitamins may be lost when veggies are boiled. To keep more of the vitamins, cook veggies by grilling, steaming, microwaving with just a little water, or stir-frying with a bit of healthy oil.

A TASTY MORSEL FOR PARENTS

Monday, Mar. 27

Lunch

Popcorn Chicken Bowl w/ Breadstick, Golden Corn, Cheese, Mashed Potatoes and Gravy
100% Assorted Fruit Juice/Fruit
Milk Choice
Or
Pizza Express
Big Daddy's Pepperoni Pizza
w/ Featured Vegetable, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich
w/ Featured Vegetable, Fruit and Milk Choice

Tuesday, Mar. 28

Lunch

Double Chicken Fajitas w/ Pepper, Onions, Cheese & Salsa
Home-Style Baked 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., Mar. 29

Lunch

Chicken Sticks w/ Choice of Whole Grain Breadstick or Garlic Knot
Mashed Potatoes & Gravy
Apple Slices
Milk Choice
Or
Pizza Express
Assorted Pizza
w/ Featured Vegetable, Fruit & Milk Choice
Or
Subway Meal
Sun Chips, Fruit, Veggies & Milk Choice

Thurs., Mar. 30

Lunch

Dutch Waffle & Chicken
Dutch Waffle w/ 2 Chicken Tenders
Baked Tater Tots
Apple Slices
Milk Choice
Or
Pizza Express
Domino's Cheese Pizza
w/ Featured Vegetable, Fruit and Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich
w/ Featured Vegetable, Fruit and Milk Choice

Friday, Mar. 31

Lunch

Brunch Lunch
French Toast Sticks
Strawberry Banana Yogurt Cup
Baked Tater Tots
Assorted Fruit Choice
Milk Choice
Or
Pizza Express
Assorted Pizza
w/ Featured Vegetable, Fruit & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich
w/ Featured Vegetable, Fruit, and Milk Choice

Early Dismissal

OFF THE GRIDDLE.

Eating a healthy breakfast is SO important, we shouldn't let traditional thinking stop us from eating a morning meal. Don't like eggs or juice or bananas or bacon? Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!



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