



BREAKFAST @SCHOOL

For first-class learning!

Middle Schools

This institution is an equal opportunity provider and employer.

Featuring
Healthy Fruits
& Grains!

BREAKFAST MENU
FEBRUARY 2017



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

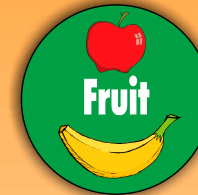
- Homemade Parfaits
- Breakfast Bagel Meal
- Cold Cereals & Grahams
- Fruit/Fruit Juice
- Milk Choice

Dollar Breakfast Days For Paid Students

**February 9 & 16
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

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 FEBRUARY 2017

GROUNDHOG DAY
FEBRUARY 2ND



Hempfield School District

MIDDLE SCHOOL

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

Available Daily

Popcorn Chicken
Salad w/
Dressing &
Breadstick
\$2.60



fresh garden bar!



Celery Sticks
Carrot Sticks
Broccoli
4 Bean Salad
Daily

HAPPY FACE=HEALTHY HEART.



It's February again, so let's talk hearts! A study that followed subjects for 10 years found that people who express positive emotions like contentment and happiness most often were far less likely to develop heart disease. So put on a happy face!

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



GREATEST ATHLETE OF THE CENTURY

Jackie Joyner-Kersey was named the greatest female athlete of the 20th century by Sports Illustrated. She competed in four Olympics from 1984-1996, winning 3 gold medals, 2 silver, and a bronze. Her world record in the heptathlon (a grueling combination of 7 track and field events) has stood since 1988 – in fact, she still holds the six best scores ever in the event. Joyner-Kersey has served as a role model and an inspiration for two generations of female athletes.

AFRICAN AMERICAN HISTORY MONTH

Want to learn more? Start by doing a search for Jackie Joyner-Kersey.

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!

Wed., Feb. 1

Lunch

Hot & Spicy Chicken Patty
Sandwich on Wheat Roll w/ Lettuce &
Tomato
Golden Potatoes
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 and
Milk Choice

Thurs., Feb. 2

Lunch

Black Knight Burger on Wheat Roll
w/ Bacon, Cheese, Lettuce,
Onion, Sauce & Pickle
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, Feb. 3

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

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, Feb. 6

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, Feb. 7

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., Feb. 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., Feb. 9

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 & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and Milk Choice

Friday, Feb. 10

Lunch

Chef's Choice
Hot Vegetable
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

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, Feb. 13

Lunch

Brunch Lunch
French Toast Sticks
Sausage Links
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

Tuesday, Feb. 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
**Hershey's
Valentine Ice Cream Cup**



Wed., Feb. 15

Lunch

Hot & Spicy Chicken Patty
Sandwich on Wheat Roll
w/ Lettuce & Tomato
Golden Potatoes
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., Feb. 16

Lunch

Black Knight Burger on Wheat Roll
w/ Bacon, Cheese, Lettuce,
Onions, Sauce & Pickle
Featured Fry
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, Feb. 17

Lunch

Chef's Choice
Featured Hot Vegetable
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

**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, Feb. 20

**No
SCHOOL**

Tuesday, Feb. 21

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., Feb. 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
Featured Vegetable, Fruit & Milk Choice
Or
Subway Meal
Sun Chips, Fruit, Veggies & Milk Choice

Thurs., Feb. 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 & Milk Choice
Or
Sandwich Express
Breaded Chicken Sandwich w/ Featured
Vegetable, Fruit and Milk Choice

Friday, Feb. 24

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, Feb. 27

Lunch

Black Knight Rib-B-Que Sub on White Club
Roll
Seasoned Potato Wedges
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, Feb. 28

Lunch

Chicken Sticks
w/ Choice of Breadstick or Garlic Knot
Mashed Potatoes & Gravy
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