

May-2024



Hartman Headstart Lunch Menu



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

★ Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk - 1% white and chocolate

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges



Lunch Prices:

Student: Free
Reduced: Free
Adult: \$4.75

General Manager:
Phone Number:

724-752-1591 Ext. 3020

Email:

metz@ecask12.org

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY

Brand or equivalent food offered/milk options defined

Monday	Tuesday	Wednesday	Thursday	Friday
May-13	May-14	May-15	May-16	May-17
Entrée	Entrée	Entrée	Entrée	Entrée
Cheeseburger on a WG Bun	Chicken Tenders w/ WG Roll	Popcorn Chicken Mashed Potato Bowl w/Roll	WG Pasta & Meatballs w/Roll	Cheese Pizza
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Broccoli & Cheese	Green Beans	Golden Corn	Mixed Vegetables	Glazed Carrots
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
May-20	May-21	May-22	May-23	May-24
Entrée	Entrée	Entrée	Entrée	Entrée
Meatball Sub on a WG Hoagie Bun	Nacho Grande w/ Tortilla Chips	Chef's Choice	Fish Sticks	Potato & Cheese Pierogi w/Cheese Sauce
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Glazed Carrots	Seasoned Rice	Green Beans	Corn	Steamed Peas
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
May-27	May-28	May-29	May-30	May-31
	Entrée	Entrée	Entrée	Entrée
	Chicken & Gravy over Biscuit	Mini Corn Dogs	Chicken Sandwich on a WG Bun	Chef's Choice
	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
	Glazed Carrots	Fries	Baby Carrots	Buttered Noodles
	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
June-3	June-4	June-5	June-6	June-7
1/2 DAY	1/2 DAY	Entrée	1/2 DAY	NO SCHOOL
Ham & Cheese Sandwich-Bagged Lunch	Turkey & Cheese Sandwich-Bagged Lunch	Chef's Choice	Ham or Turkey Sandwich-Bagged Lunch	
Vegetable	Vegetable		Vegetable	
Snack	Snack	Glazed Carrot	Snack	
Fruit	Fruit	Featured Fruit	Fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
June-10	June-11	June-12	June-13	June-14
June-17	June-18	June-19	June-20	June-21