

# HTC Middle School Campus Menu October 2021

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Student Lunches Free!!!! Adult Lunches \$4.25</b> Student extra entrée's \$1.50 Extra milk \$.75 Small waters \$.75 Large Water \$1.00 Ice cream \$.75 <b>PLEASE NOTE Due to food shortages, the usual Monday entrée offered as an alternate during the week has been <i>ELIMINATED</i>.</b> <b>Entrée kits are available daily. NEW CEREAL &amp; EGG KIT!</b> Sorry for any inconvenience.				
<b>4 Chicken Patty on bun</b>  1/4 c cucumber slices(3) 1/2 c cooked corn 1/2 c Assorted fruit 8 oz Assorted milk	<b>5 2 Pancakes</b> <i>w/choice of up to 2 proteins</i>  Baby carrots 2.6 oz. bag Hash brown 1 1/2 c Assorted fruit 8 oz Assorted milk	<b>6 Pasta Bar w/wo cheese "rotini"</b> <i>meatsauce-no sauce- ragu sauce</i>  1/2 c cooked broccoli 1/2 c Assorted fruit 8 oz Assorted milk	<b>7 Hot dog on a bun</b>  1/2 c baked beans 1/2 c cooked green beans 1/2 c Assorted fruit 8 oz Assorted milk	<b>8 Toasted Cheese sandwich</b>  baked gold fish 1 c tomato soup 1/4 c celery sticks(3) 1/2 c Assorted fruit 8 oz Assorted milk
<b>11 6" Meatball sub w/wo</b> <b>cheese</b>  1/2 baked beans 4 smiley fries 1/2 c lettuce 1/2 c Assorted fruit 8 oz Assorted milk	<b>12 Chicken Fajita</b> <i>with or without cheese</i>  1/4 c cooked corn 1/2 c shredded lettuce 1/4 c onion/pepper mix 1/2 c Assorted fruit 8 oz Assorted milk	<b>13 Cheese or pepperoni pizza</b>  1/4 c fresh broccoli florets 2.6 oz baby carrots 1/4 c cucumber slices 1/2 c Assorted fruit 8 oz Assorted milk	<b>14 French toast</b> <i>w/choice of up to 2 proteins</i>  Baby carrots 2.6 oz. bag Hash brown 1 1/2 c Assorted fruit 8 oz Assorted milk	<b>15 2 Cheese Stuffed Bread</b> <i>Sticks w pizza sauce or marinara</i>  1/4 c fresh broccoli florets Baby carrots 2.6 oz. bag 1/4 c cucumber slices(3) 1/2 c Assorted fruit 8 oz Assorted milk
<b>18 2 Waffles</b> <i>w/choice of up to 2 proteins</i>  Baby carrots 2.6 oz. bag Hash brown 1 1/2 c Assorted fruit 8 oz Assorted milk	<b>19 Hamburger/cheeseburger</b> <i>on a bun</i>  1/2 c baked beans 1/2 c broccoli 1/2 c Assorted fruit 8 oz Assorted milk	<b>20 BBQ pulled pork on a bun</b>  4 smiley fries 1/3 c coleslaw 1/2 c Assorted fruit 8 oz Assorted milk	<b>21 Chicken Patty on a bun</b>  1/2 cooked green beans 1/4 c cooked carrots 1/2 c Assorted fruit 8 oz Assorted milk	<b>22 Cheese or pepperoni pizza</b>  2.6 oz baby carrots 1/4 c cucumber slices 1/2 c Assorted fruit 8 oz Assorted milk
<b>25 5 Chicken Nuggets</b>  1/2 cooked rice 1/4 c Cooked Carrots 1/2 c Cooked Green Beans 1/2 c Assorted Fruit 8 oz Assorted milk	<b>26 2 Cheese Stuffed Bread</b> <i>Sticks w pizza sauce or marinara</i>  2.6 oz baby carrots 1/4 c cucumber slices(3) 1/2 c Assorted fruit 8 oz Assorted milk	<b>27 2 Pancakes</b> <i>w/choice of up to 2 proteins</i>  Baby carrots 2.6 oz. bag Hash brown 1 1/2 c Assorted fruit 8 oz Assorted milk	<b>28 Walking Tacos</b> <i>tortilla chips taco meat w/o cheese</i>  1 c shredded lettuce 1/4 c grape tomatoes 1/2 c Assorted fruit 8 oz Assorted milk	<b>29</b>  No School

**Student Lunches Free! Adult lunches \$4.25**

**Ala Carte items**

Extra main entrée's that are ordered in the morning may be charged to the student's lunch account if money is available in their lunch accounts.

Smart snacks sold in cafeteria may be paid by cash or charged to lunch account if there is a credit balance.

**PLEASE NOTE YOUR CHILD WILL BE DENIED EXTRAS IF THERE IS NO CREDIT ON HIS LUNCH ACCOUNT.**

Money may be sent to school by check, or online at [www.myschoolaccount.com](http://www.myschoolaccount.com). Please refer to the handbook for more information.

Lunch statements are emailed at the end of the month.

The sender is [noreply@myschoolaccountnotifications.com](mailto:noreply@myschoolaccountnotifications.com)

Please check your spam or junk folder.

Negative statements will be emailed accordingly.

**Canned fruit in juice or extra light syrup**

**\*\*\*\*Please be advised**  
Lunches may have to be changed due to shortages of products without notice.

**Assorted Fruit includes: 1/2 c portions**  
canned pineapple, canned or frozen peaches, canned pears, canned mandarin oranges, canned applesauce

**Additional available fruit may be offered**  
raisins, frozen strawberries, watermelon, oranges, orange juice, grape juice, bananas, apples, grapes, pears  
**Check lunchroom board for availability.**

\*\* When breakfast is served for lunch the students may choose up to 2 different proteins.

They may choose a 1 oz sausage patty, hardboiled egg, 1 oz cheese stick or a 1/2 c yogurt.

The entrée's are in **bold** and **italicized** in monthly menu

An entrée kit can be substituted for the daily entrée and are listed below.

Daily vegetables and fruit are served with chosen entrée

<p><b>Parfait Kit</b></p> <p>8 oz. of vanilla yogurt with or without 1/2 c fruit 1/4 c Granola .75oz baked gold fish</p>	<p><b>Uncrustable Kit</b></p> <p>2.6 oz. PB &amp; J Uncrustable choice of 4 oz. yogurt or a 1 oz. cheese stick .75oz baked gold fish</p>	<p><b>Cheese &amp; Yogurt Kit</b></p> <p>4 oz. yogurt 1 oz. cheese stick 1.45 oz. of tortilla chips 3/8 cup of salsa</p>	<p><b>Egg &amp; Cereal Kit</b></p> <p>1 large hardboiled egg Pre-package cereal bowl .75oz baked gold fish</p>
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**Cereals to choose from**  
**Fruity Cheerios, Original Cheerios, and Coca Puffs**

Each kit provides 2 oz. eq protein & 2 grain eq which is equal to 2 items for a reimbursable lunch.

1/2 or all grains will be whole grains.

1/2 of grains may be enriched.

**Kits are served with the vegetable and fruit of the day and milk**

Students must take **3** of the **5** items offered every day.

**AND**

(Meat/Meat alternate + grain = entrée most of the time)

One of those items **must** be 1/2 cup of fruit or vegetables.

We offer 1/2 cup servings of assorted fruit and at least 3/4 cup of vegetables in many varieties and portion sizes everyday.

**Assorted Milk may include: half pint of**  
Fat free white, 1% white, 1% chocolate, 1% strawberry, 1% vanilla

Any questions about the menu, please email Chris Watt @ [Watt.Christine@holytrinitycatholic.school](mailto:Watt.Christine@holytrinitycatholic.school).

Items may be substituted without notice due to unforeseen circumstances.

**Condiments packets only** may include  
ketchup, lite ranch, lite or fat free Italian, hot sauce, salsa, yellow mustard, BBQ sauce, maple syrup, honey mustard, sweet & sour