

HTC Middle School Menu November 2022

Monday

Tuesday

Wednesday

Thursday

Friday

<p>31 Hot Dog on a Bun</p> <p>1/2 green beans 1/2 baked beans 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>1 Chicken Patty on a bun ketchup</p> <p>1/2 c cooked carrots 1/2 cooked mixed vegetables 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>2 Pasta Bar Rotini w/wo cheese meatsauce no sauce regular sauce</p> <p>1 c Rotini 3/4 c cooked broccoli 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>3 Dutch waffle sticks choice of 2 proteins</p> <p>2.6 oz fresh baby carrots ranch 1 hash brown round ketchup 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>4 Toasted Cheese sandwich with baked gold fish</p> <p>1 c tomato soup 1/4 c celery sticks (3) ranch 1/2 c Assorted fruit 8 oz Assorted milk</p>
<p>7 5 Chicken Nuggets with 1/2 c rice</p> <p>1/2 c cooked carrots 1/2 cooked green beans 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>8 Mini Maple or Blueberry flavored pancakes - 2 proteins</p> <p>2.6 oz fresh baby carrots ranch 1 hash brown round ketchup 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>9 Cheese or Pepperoni Pizza</p> <p>1 c salad ranch 1/4 c (3) cucumber slices 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>10 Thanksgiving Meal 2 oz Sliced turkey - Stuffing - roll</p> <p>1/2 c Mashed Potatoes Gravy 1/4 c Corn 1/2 c Apple Sauce 8 oz Assorted milk</p>	<p>11</p> <p>Veterans Day No School</p>
<p>14 Chicken Patty on a bun ketchup</p> <p>1/2 c cooked carrots 1/2 c cooked broccoli 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>15 BBQ pulled pork sandwich</p> <p>1/4 c coleslaw 1/2 baked beans 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>16 Ham & Cheese on Pretzel Bun</p> <p>1/2 c cooked green beans 1/2 c cooked corn 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>17 4 French Toast sticks choice of 2 proteins</p> <p>2.6 oz fresh baby carrots 1 hash brown round 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>18 Cheese or Pepperoni Pizza</p> <p>1 c salad 1/4 c celery sticks (3) 1/2 c Assorted fruit 8 oz Assorted milk</p>
<p>21 Walking Taco w/wo cheese "taco meat -nacho chips"</p> <p>1 c shredded lettuce 1/4 c cherry tomatoes salsa 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>22 2 Cheese Stuffed Bread Sticks with pizza sauce 2 oz</p> <p>1/2 c cooked green beans 1/4 c cooked carrots 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>23</p> <p>No lunch</p>	<p>24</p> <p>Thanksgiving break</p>	<p>25</p> <p>Thanksgiving break</p>
<p>28</p> <p>Thanksgiving break</p>	<p>29 Hamburger/Cheeseburger ketchup</p> <p>1/2 c cooked green beans 1/2 c cooked carrots 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>30 Chicken Quesadilla "grilled chicken in a soft tortilla" w/wo cheddar cheese</p> <p>1 c salad ranch 1/4 c (3) celery sticks 8 oz Assorted milk</p>	<p>1 2 Pancakes choice of 2 proteins</p> <p>1/4 c cucumber slices syrup 2 hash brown rounds 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p>2 Toasted Cheese sandwich with baked gold fish</p> <p>1 c tomato soup 1/4 c celery sticks (3) 1/2 c Assorted fruit 8 oz Assorted milk</p>

Lunches \$3.25 Pre-paid Reduced lunches \$.40 Pre-paid Adults \$4.25 Pre-paid

on-line at "www.myschoolaccount.com" or checks

sent to the office in an ENVELOPE *marked with the child's nam*

campus name and "**CAFETERIA - LUNCH MONEY**" on the envelope

Lunch statements are emailed at the end of the month.

The sender is noreply@myschoolaccountnotifications.com

Please check your spam or junk folder.

Negative statements will be emailed accordingly.

NO CHARGED LUNCHES

Lunch payments must be made by using separate checks for each HTC school campus.

1/2 or all grains will be whole grains

1/2 of grains may be enriched

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

All daily vegetables, milk and fruit are served with each entrée.

****The following Entrees kits are** offered every day and is substituted for the main

Ice Cream

purchased in the cafeteria will be charged to the student's lunch account.

If the student does not have a credit balance purchase will be denied.

Extra Student Entrée \$1.50

with a purchase of lunch charged to lunch account

Canned fruit in juice or extra light syrup

Assorted Fruit includes: 1/2 c portions

canned mixed fruit, canned or frozen peaches, canned pears, canned applesauce

Additional available fruit may be offered

raisins, frozen strawberries, watermelon, canned mandarin oranges orange juice, grape juice, bananas, apples, grapes, canned pineapple

Check lunchroom board for availability.

<u>Parfait Kit**</u>	<u>Uncrustable Kit**</u>	<u>Egg & Cereal Kit**</u>	<u>American Cheese Sandwich Kit**</u>
8 oz. of vanilla yogurt 1/4 c granola .75 oz baked goldfish	2.6 oz. PB & J Uncrustable choice of 4 oz. yogurt or a 1 oz. cheese stick .75oz baked gold fish	Large hard boiled egg 1 oz. bowl cereal .75 oz baked gold fish Prk3 & Prk4 cereal choice cheerios or cinnamon toast crunch	2 slices(1 oz) of American cheese on 2 slices of bread 4 oz yogurt .75 oz baked gold fish

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

**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

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

Condiments packets only - may include

ranch, hot sauce, syrup, BBQ sauce, ketchup, salsa

Italian, mustard

Any questions about the menu, please email Chris Watt @ Watt.Christine@holyltrinitycatholic.school.

Items may be substituted without notice due to unforeseen circumstances.