

# HTC Elementary Menu May 2023

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>1</b> <i>5 Chicken Nuggets with rice</i> 1/2 c green beans 1/4 c cooked carrots 1/2 c Assorted fruit 8 oz Assorted milk ranch- bbq - ketchup</p>	<p><b>2</b> <i>Cheese filled bread sticks w/wo pizza sauce</i> 1/2 c cooked broccoli 1/4 c cooked carrots 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>3</b> <i>2 Pancakes with choice of Cheese stick or hard boiled egg</i> 1 hash brown 2.6 oz baby carrots 1/2 c Assorted fruit 8 oz Assorted milk ranch - syrup - ketchup</p>	<p><b>4</b> <i>Grilled Chicken Breast on bun</i> 4 smiley Fries 1/2 c baked beans 1/2 c Assorted fruit 8 oz Assorted milk ranch- bbq - ketchup- hot sauce</p>	<p><b>5</b> <i>Walking Tacos</i> "taco meat -nacho chips" 1 c shredded lettuce 1/4 c cherry tomatoes salsa 3 oz 1/2 c Assorted fruit 8 oz Assorted milk ranch or Italian</p>
<p><b>8</b> <i>Hot Dog on a bun</i> 1/2 c baked beans 1/4 c tator tots 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>9</b> <i>Toasted Cheese sandwich with baked gold fish</i> 1 c. tomato soup 1/4 c celery sticks 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>10</b> <i>Chicken Patty on a bun</i> 1/2 c cooked broccoli 1/2 c mixed vegetables 1/2 c Assorted fruit 8 oz Assorted milk ranch- bbq - ketchup- hot sauce</p>	<p><b>11</b> <i>1 Dutch Waffle with choice of cheese stick or sausage patty</i> 2.6 oz baby carrots 1 hash brown rounds 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>12</b> <i>Pepperoni or Cheese Pizza</i> 2.6 oz baby carrots 1/4 c cucumber slices 1/2 c Assorted fruit 8 oz Assorted milk</p>
<p><b>15</b> <i>Altoona Campus Cheese Pizza</i> <i>Hollidaysburg Site 6 mini corn dogs</i> 2.6 oz baby carrots 1/4 c cucumber slices 1/2 c Assorted fruit 8 oz Assorted milk <i>Hollidaysburg Fun Day</i></p>	<p><b>16</b> <i>No Lunch</i> Virtual Day</p>	<p><b>17</b> <i>Pasta Bar w/wo cheese reg sauce - meatsauce - no sauce</i> 1 c rotini 3/4 c cooked broccoli 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>18</b> <i>3 Chicken tenders with t-roll with t-roll</i> 1/2 c green beans 4 smiley fries 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>19</b> <i>French Toast sticks choice of yogurt or sausage or cheese</i> 2.6 oz baby carrots 1 hash brown rounds 1/2 c Assorted fruit 8 oz Assorted milk</p>
<p><b>22</b> <i>Hollidaysburg Site Cheese Pizza</i> <i>Altoona Campus 6 mini corn dogs</i> 2.6 oz baby carrots 1/4 c cucumber slices 1/2 c Assorted fruit 8 oz Assorted milk <i>Altoona Fun Day</i></p>	<p><b>23</b> <i>Sloppy Joes on a bun</i> 4 smiley fries 1/2 c baked beans 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>24</b> <i>2 Pancakes with cook's choice of protein</i> 2.6 oz baby carrots 1/2 c Assorted fruit 8 oz Assorted milk ranch - syrup - ketchup</p>	<p><b>25</b> <i>6 Dino Nuggets garlic stick</i> 1/2c cooked broccoli 1/2 c cooked mixed vegetables 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>26</b> <i>Cheese filled bread sticks w/wo pizza sauce</i> 3/4 c cook's choice vegetables 1/2 c Assorted fruit 8 oz Assorted milk</p>
<p><b>29</b> <i>Memorial Day</i></p>	<p><b>30</b> <i>No Lunch</i> Last day of school</p>	<p><b>31</b></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 name,*  
*campus name* and **"CAFETERIA - LUNCH MONEY"** on the envelope

**NO CHARGED LUNCHES      Lunch payments must be made by using separate checks for each HTC school campus.**

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.

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

**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.**

**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

<b><u>Parfait Kit**</u></b>	<b><u>Uncrustable Kit**</u></b>	<b><u>Egg &amp; Cereal Kit**</u></b>	<b><u>American Cheese Sandwich Kit**</u></b>
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

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

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.

**Condiments packets only - may include**  
 ranch, hot sauce, syrup, BBQ sauce, ketchup, salsa  
 Italian, mustard

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.

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.