

# HTC Middle School Menu May 2023

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>1</b> <i>Hamburger/Cheeseburger on a bun</i> 1/2 c baked beans 1/2 cooked carrots 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>2</b> <i>Grilled Chicken Breast w/wo bacon w/wo American cheese</i> 4 smiley Fries 1/2 c lettuce, tomatoes 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>3</b> <i>Ham &amp; Cheese on a Pretzel Bun American - Provolone- none</i> 1/4 c cooked carrots 1/2 c green beans 1/2 c Assorted fruit 8 oz Assorted milk 8th grade choice</p>	<p><b>4</b> <i>Mike's wild cheese bites with pizza or marinara sauce</i> 1/2 c cooked broccoli 1/2 c mixed vegetables 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>5</b> <i>Chicken Quesadilla</i> "grilled chicken in a soft tortilla" with or without cheddar cheese 1/4 c celery sticks(3) 1 c salad 1/2 c Assorted fruit 8 oz Assorted milk <b>NO 8th Grade</b></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 <b>No 6th grade</b></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 <b>8th grade choice</b></p>	<p><b>10</b> <i>Breaded Chicken Drumstick with T-roll</i> 4 smiley fries 1/2c cooked broccoli 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>11</b> <i>Walking Tacos "taco meat -nacho chips"</i> 1 c shredded lettuce 1/8 c onion 1/4 c cherry tomatoes salsa 3 oz 1/2 c Assorted fruit 8 oz Assorted milk <b>8th grade choice</b></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 <b>All schools Mass 8th grade choice</b></p>
<p><b>15</b> <i>5 Chicken Nuggets with a t-roll</i> 1/2 c green beans 1/4 c cooked carrots 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>16</b> <b>No Lunch</b> 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 <b>8th grade choice</b></p>	<p><b>18</b> <i>2 Pancakes with choice of 2 proteins</i> 2.6 oz baby carrots 1 hash brown rounds 1/2 c Assorted fruit 8 oz Assorted milk <b>8th grade choice</b></p>	<p><b>19</b> <i>Buffalo Chicken Pizza</i> 1/2 c salad 1/4 c celery sticks 1/4 c cucumber slices 1/2 c Assorted fruit 8 oz Assorted milk <b>Middle School Fun Day</b></p>
<p><b>22</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</p>	<p><b>23</b> <i>6 Mini corn dogs</i> 1/2 c baked beans 1/2 c cooked green beans 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>24</b> <i>French Toast sticks choice of 2 proteins</i> 2.6 oz baby carrots 1 hash brown rounds 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>25</b> <i>6" Turkey Hoagie</i> 1/4 c celery sticks 1/4 c cherry tomatoes 1/2 c shredded lettuce 1/2 c Assorted fruit 8 oz Assorted milk</p>	<p><b>26</b> <i>Cheese filled bread sticks w/wo pizza or sauce</i> 3/4 c cook's choice vegetables 1/2 c Assorted fruit 8 oz Assorted milk</p>
<p><b>29</b> <b>Memorial Day</b></p>	<p><b>30</b> <b>No Lunch</b> 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*  
 HTC Middle School and "CAFETERIA - LUNCH MONEY" on the envelope

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.

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

# When breakfast is served for lunch the students have a choice of 2 proteins.  
 They may choose a .75 oz sausage patty, hardboiled egg,  
 1 oz cheese stick or a 1/2 c yogurt.

**A la carte items**  
 purchased in the cafeteria will be charged to the student's lunch account or paid by cash.  
 If the student does not have credit on their account, they will be denied their purchase.  
**Extra Student Entrée \$1.50**  
 with a purchase of lunch

**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

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

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

<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	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.

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

**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.

**Condiments packets only may include**  
 fat free ranch, fat free Italian, taco sauce,  
 ketchup, ranch, Italian, hot sauce, salsa  
 honey mustard, yellow mustard, BBQ sauce, maple syrup

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

Items may be substituted without notice due to unforeseen circumstances.