

Hampton Township School District High School Breakfast Menu January 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
NO SCHOOL New Year's Day Winter Break	NO SCHOOL Winter Break	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk
8	9	10	11	12
Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk
15	16	17	18	19
NO SCHOOL Martin Luther King Jr. Day	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk
22	23	24	25	26
Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk
29	30	31		
Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, ✔️ WG Dutch Waffle Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Now Hiring Food Service Employees Contact: Jenna Ossler metzfoodservice@ht-sd.org 412-492-6390	All Students are Eligible for a FREE BREAKFAST* *Must Select a Reimbursable Meal

What is a Breakfast?
Choice of Hot Entree or Daily Entree, Choice of Fruit/Juice, and Choice of Milk.
Students must take at least a 1/2 cup of Fruit/Juice as one of their 3 components for the school breakfast price.

- ✔️ **DAILY ENTREES:**
- WG Sausage Breakfast Pizza (*Not Vegetarian*)
 - WG French Toast Sticks
 - WG Eggo Waffles
 - WG Housemade Donut w/ Icing
 - WG Powdered Sugar Mini Donuts
 - WG Chocolate Mini Donuts
 - WG Donut Super Stix
 - WG Bagel
- Following Entree Items Served w/ WG Goldfish Graham Crackers**
- Yogurt/ Greek Yogurt
 - WG Muffins-
 - Apple Cinnamon/ Banana/Blueberry/Chocolate
 - WG Loaves/Breads -
 - Banana/ Blueberry/Chocolate
 - WG Cereal Bars - CTC/Cocoa Puffs/ Trix
 - WG Nutrigrain Bars - Apple/Blueberry/ Raspberry/Strawberry
 - Whole Grain Cereal:
 - Cheerios, Cinnamon Toast Crunch
 - Lucky Charms
 - Whole Grain Pop Tart:
 - Cinnamon/Chocolate Fudge/Strawberry

Fruit Choices May Include:
Apples, Apple Slices, Bananas, Grapes, Oranges, Canned: Applesauce, Pears, Peaches, Mixed Fruit or 100% Assorted Fruit Juice

Milk Choices Include:
1% White Milk,
Fat Free: White, Chocolate, Vanilla
Lactose Free Milk
Available Upon Request

✔️ Vegetarian

Food Service Director:
Jenna Ossler
metzfoodservice@ht-sd.org
412-492-6390

ALL STUDENTS ARE ELIGIBLE FOR A FREE REIMBURSABLE BREAKFAST

Please make checks payable to: HTSD Cafeteria Fund. Money may also be deposited into your child's account online at www.payschoolscentral.com

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