

Hampton Township School District Middle 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 Muffin, ✔️ WG Dutch Waffle, WG Mini Choc Chip French Toast Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Muffin, ✔️ WG Dutch Waffle, WG Mini Choc Chip French Toast Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Muffin, ✔️ WG Dutch Waffle, WG Mini Choc Chip French Toast Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk
8	9	10	11	12
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15	16	17	18	19
NO SCHOOL Martin Luther King Jr. Day	Sausage/Egg/Cheese on Whole Grain Muffin, ✔️ WG Dutch Waffle, WG Mini Choc Chip French Toast Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Muffin, ✔️ WG Dutch Waffle, WG Mini Choc Chip French Toast Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Muffin, ✔️ WG Dutch Waffle, WG Mini Choc Chip French Toast Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk	Sausage/Egg/Cheese on Whole Grain Muffin, ✔️ WG Dutch Waffle, WG Mini Choc Chip French Toast Or Choice of Daily Entrée Assorted 100% Fruit Juice, Fresh Fruit or Canned Fruit Choice of Milk
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29	30	31		
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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 Powdered Sugar Mini Donuts
WG Chocolate Mini Donuts

Following Entree Items Served w/ WG Goldfish Graham Crackers

Whole Grain Cereal:
Cheerios
Cinnamon Toast Crunch
Lucky Charms
Cocoa Puffs
Frosted Flakes

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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