



HAMPTON TOWNSHIP SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AVAILABLE DAILY:	Main Plate Entree + Feature Sandwich Pizza: Cheese Pizza, Pepperoni Pizza		Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger Salad Bar: Made to Order Salads	
1 NO SCHOOL Winter Break Happy New Year!	2 NO SCHOOL Winter Break	3 Whole Grain Mini Corn Dogs Or BBQ Chicken Cheddar Bacon Wrap FEATURED VEGETABLE: Steamed Baked Beans Choice of Fruit(s) & Milk	4 Popcorn Chicken w/ Whole Grain Pretzel Sticks Or Ham & Cheese on WG Pretzel Bun FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	5 Whole Grain Cheese Pizza Sticks w/ Dipping Sauce Or Pizza Burger on WG Bun FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk
AVAILABLE DAILY:	Main Plate Entree + Feature Sandwich Pizza: Cheese Pizza, Pepperoni Pizza		Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger Salad Bar: Made to Order Salads	
8 Whole Grain French Toast Sticks w/ Sausage & Syrup Or BBQ Ribby on Whole Grain Bun FEATURED VEGETABLE: Oven Baked Potato Triangles Choice of Fruit(s) & Milk	9 Walking Taco Beef w/ WG Nacho Cheese Doritos Cheese, Lettuce, Salsa, Sour Cream Or Chicken Parmesan on WG Bun FEATURED VEGETABLE: Steamed Black Beans Choice of Fruit(s) & Milk	10 General Tso's Chicken w/ Brown Rice Or Steak & Cheese on WG Hoagie Bun FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk	11 Whole Grain Cheese Ravioli w/ Sauce & Whole Grain Breadstick Or Buffalo Chicken on WG Flatbread FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	12 Whole Grain Pepperoni Roll w/ Dipping Sauce Or Grilled Chicken Breast & Bacon on WG Bun FEATURED VEGETABLE: Steamed Mixed Vegetables Choice of Fruit(s) & Milk
AVAILABLE DAILY:	Main Plate Entree + Feature Sandwich Pizza: Cheese Pizza, Pepperoni Pizza		Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger Salad Bar: Made to Order Salads	
15 NO SCHOOL Martin Luther King Jr. Day	16 Beef & Cheese Soft Tacos On Whole Grain Tortillas Lettuce, Salsa, Sour Cream On Side Or Turkey & Cheese on WG Pretzel Bun FEATURED VEGETABLE: Steamed Black Beans Choice of Fruit(s) & Milk	17 Chicken Tenders w/ Whole Grain Dinner Rolls Or Chicken Bacon Ranch Wrap FEATURED VEGETABLE: Mashed Potatoes w/ Gravy Choice of Fruit(s) & Milk	18 Penne Pasta w/ Meat or Marinara Sauce & Breadstick Or Cowboy Burger on WG Bun FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	19 Whole Grain Cheese Pizza Sticks w/ Dipping Sauce Or BBQ Grilled Chicken Breast on WG Bun FEATURED VEGETABLE: Steamed Broccoli Choice of Fruit(s) & Milk
AVAILABLE DAILY:	Main Plate Entree + Feature Sandwich Pizza: Cheese Pizza, Pepperoni Pizza		Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger Salad Bar: Made to Order Salads	
22 Macaroni & Cheese w/ Breadstick Or Pepperoni & Cheese on WG Hoagie Bun FEATURED VEGETABLE: Steamed Mixed Vegetables Choice of Fruit(s) & Milk	23 Nachos Grande Beef w/ WG Chips & Cheese Sauce Lettuce, Salsa, Sour Cream On Side Or Ham & Cheese on WG Pretzel Bun FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	24 WG Chicken Dumplings w/ WG Fried Rice Soy Sauce on Side Or Beef Hot Dog on Whole Grain Bun FEATURED VEGETABLE: Asian Vegetable Blend Choice of Fruit(s) & Milk	25 Whole Grain Cheese Lasagna Roll Up w/ Sauce & Whole Grain Breadstick Or Italian Hoagie on WG Bun FEATURED VEGETABLE: Steamed Green Beans Choice of Fruit(s) & Milk	26 WG Pepperoni Roll w/ Dipping Sauce Or Turkey, Bacon & Cheese on WG Bagel FEATURED VEGETABLE: Steamed Mixed Vegetables/ Chickpea Salad Choice of Fruit(s) & Milk
AVAILABLE DAILY:	Main Plate Entree + Feature Sandwich Pizza: Cheese Pizza, Pepperoni Pizza		Grill: Chicken Patty, Spicy Chicken Patty, Grilled Chicken, Cheese Burger, Hamburger Salad Bar: Made to Order Salads	
29 Chicken Nuggets w/ Whole Grain Dinner Rolls Or Meatball Hoagie on WG Bun FEATURED VEGETABLE: Steamed Corn Choice of Fruit(s) & Milk	30 Beef & Cheese Tacos On Whole Grain Hard Shells Salsa and Sour Cream Or Whole Grain Corn Dog FEATURED VEGETABLE: Steamed Black Beans Choice of Fruit(s) & Milk	31 Toasted Cheese Sandwich On Texas Toast Or Turkey, Bacon & Cheese WG Croissant FEATURED VEGETABLE: Tomato Soup Choice of Fruit(s) & Milk	Now Hiring Food Service Employees Contact: Jenna Ossler metzfoodservice@ht-sd.org 412-492-6390	

What is a Meal?
You Must Choose at Least 3 of the 5 Components Available for the School Lunch Price.

Minimum of a 1/2 cup Serving of Fruit or Minimum of a 1/2 Cup of Vegetable Must Accompany a Reimbursable Lunch

Meat or Meat Alternate
Grain/ Bread
Choice of Vegetable(s)
Choice of Fruit(s)
Choice of Milk

Daily Vegetable Selection May Include:
Baby Carrots, Celery Sticks, Cucumbers, Green Peppers, Salad

Daily Fruit Selection May Include:
Apples, Apple Slices, Bananas, Grapes, Oranges, Pears, Peaches, Cantaloupe, Honeydew, Strawberries, Applesauce, Diced Peaches, Diced Pears, Mixed Fruit
100% Juice - Apple, Fruit Punch, Grape, Orange

Daily Milk Selection May Include:
1% White,
Fat-Free: White, Chocolate, Vanilla
Lactose Free Available Upon Request

Leave Your Lunchbox at Home!

Daily Entrée Options Include:
GRILL
Chicken Patty on WG Bun
Spicy Chicken Patty on WG Bun
Grilled Chicken on WG Bun
Cheese Burger on WG Bun
Hamburger on WG Bun

PIZZA
 Cheese Pizza Pepperoni Pizza

SANDWICHES
Crispy Chicken Wrap on WG Tortilla
Buffalo Chicken Wrap on WG Tortilla
Italian Hoagie on WG Bun
 WG Smucker's PBJ Uncrustable
w/ Cheese Stick, WG Pretzels & Apple Slices

SALAD BAR
Made to Order Salads w/ WG Croutons
Choice of Protein: Crispy Chicken, Grilled Chicken, Tuna or Cheese

**Menu Subject to Change
Based on Product Availability**

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

LUNCH PRICES:

Student \$2.80
Adult \$4.00

Vegetarian

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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