

# Hampton Township School District Middle School Breakfast Menu April 2024



| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| 1  | 2  | 3  | 4  | 5  |
| <p><b>NO SCHOOL</b></p> <p><b>Spring Break</b></p>   | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> |
| 8  | 9  | 10   | 11   | 12   |
| <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> |
| 15   | 16   | 17   | 18   | 19   |
| <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> |
| 22   | 23   | 24   | 25   | 26   |
| <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> |
| 29   | 30   |  |  |  |
| <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> | <p>Sausage/Egg/Cheese on Whole Grain Muffin,<br/>                     ✓ WG Dutch Waffle, WG<br/>                     Mini Choc Chip French Toast<br/>                     Or Choice of Daily Entrée<br/>                     Assorted 100% Fruit Juice,<br/>                     Fresh Fruit or Canned Fruit<br/>                     Choice of Milk</p> |  | <p><b>Now Hiring</b><br/>                     Food Service Employees<br/>                     Contact:<br/>                     Jenna Ossler<br/>                     metzfoodservice@ht-sd.org<br/>                     412-492-6390</p>  | <p><b>All Students are Eligible for a FREE BREAKFAST*</b></p> <p><i>*Must Select a Reimbursable Meal</i></p>   |

**What is a Breakfast?**  
 Choice of Hot Entrée or Daily Entrée, 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 Entrée 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](http://www.payschoolscentral.com)

USDA is an equal opportunity provider and employer