


**Hampton Township School District**  
Middle School Breakfast Menu

**October 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p><b>NOW HIRING</b></p> <p><b>Part Time &amp; Substitute Positions</b></p> <p>Email: ma1052@metzcorp.com</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>1</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>2</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>3</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>4</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>What is a Meal?</b></p> <p>Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (V)</b> <i>(Served with Graham Cracker)</i></p> <p>Cinnamon Toast Crunch, Cocoa Puffs, Froot Loops, Frosted Flakes, Lucky Charms</p> <p><b>Whole Grain PopTarts (V)</b> <i>(Served with Graham Cracker)</i></p> <p>Chocolate, Cinnamon, Strawberry</p> <p><b>Whole Grain Muffin/ Loaf (V)</b> <i>(Served with Graham Cracker)</i></p> <p>Blueberry, Chocolate, Chocolate Chip</p> <p><b>Whole Grain Donuts/ Donut Holes (V)</b></p> <p>Blueberry, Chocolate, Glazed, Powdered</p> <p><b>Choice of Fruit</b></p> <p>Seasonal fresh fruits, canned fruit, 100% fruit juice</p> <p><b>Choice of Milk</b></p> <p>1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>
<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>7</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>8</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>9</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>10</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>11</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>Columbus Day NO SCHOOL</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>15</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>16</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>17</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>18</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>21</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>22</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>23</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>24</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>25</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>28</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>29</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>30</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Muffin, WG Dutch Waffle, WG Mini Choc Chip French Toast <sup>31</sup></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Reminder: <b>Breakfast is Free for All Students!</b></p> <p>Must Select a Complete Reimbursable Meal</p>	
<p><b>Your Team</b></p> <p>Jenna Ossler, General Manager 412.492.6390 <a href="mailto:ma1052@metzcorp.com">ma1052@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <p>Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.50</p>		

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

