


Hampton Township School District
High School Breakfast Menu

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>NOW HIRING</p> <p>Part Time & Substitute Positions</p> <p>Email: ma1052@metzcorp.com</p>	<p>1</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>2</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>3</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>4</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>What is a Meal?</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"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk
<p>7</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>8</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>9</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>10</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>11</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals/ Bars (V) (Served with Graham Cracker)</p> <p>Cinnamon Toast Crunch, Cocoa Puffs, Froot Loops, Frosted Flakes, Lucky Charms, NutriGrain</p>
<p>14</p> <p>Columbus Day NO SCHOOL</p>	<p>15</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>16</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>17</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>18</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>Whole Grain PopTarts (V) (Served with Graham Cracker)</p> <p>Chocolate, Cinnamon, Strawberry</p> <p>Whole Grain Muffin/ Loaf (V) (Served with Graham Cracker)</p> <p>Apple, Banana, Blueberry, Chocolate, Chocolate Chip</p>
<p>21</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>22</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>23</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>24</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>25</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit, 100% fruit juice</p>
<p>28</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>29</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>30</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>31</p> <p>Sausage, Egg & Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>Reminder:</p> <p>Breakfast is Free for All Students!</p> <p>Must Select a Complete Reimbursable Meal</p>	<p>Choice of Milk</p> <p>1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p>(V) Vegetarian</p> <p>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p>(VG) Vegan</p> <p>These items do not contain any animal products</p>
<p>Your Team</p> <p>Jenna Ossler, General Manager 412.492.6390 ma1052@metzcorp.com</p>			<p>Meal Prices</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.

