


Hampton Township School District
High School Lunch Menu

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					1 What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry Daily Alternates 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 Spicy Black Bean Burger on WG Bun (V) PIZZA WG Cheese Pizza (V) WG Pepperoni Pizza SALAD BAR Made to Order Salad Bar Protein: Grilled Chicken, Black Beans, Chickpeas or Cheese SANDWICH WG Uncrustable PBJ w/ Cheese Stick & WG Pretzels (V) (V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg (VG) Vegan These items do not contain any animal products
NOW HIRING Part Time & Substitute Positions Email: ma1052@metzcorp.com	Reminder: Breakfast is Free for All Students! Must Select a Complete Reimbursable Meal		Professional Development NO SCHOOL		
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4 Doritos Walking Taco w/ Beef, Cheese & WG Nacho Cheese Doritos Salsa & Sour Cream on Side FEATURED VEGGIE Steamed Corn	5 Penne Pasta w/ Breadstick Meat or Marinara Sauce (V) FEATURED VEGGIES Steamed Green Beans Diced Tomato & Cucumber	6 BBQ Chicken, Bacon & Cheddar Cheese On Whole Grain Wrap FEATURED VEGGIE Baked Beans	7 Chicken Tenders w/ WG Dinner Rolls FEATURED VEGGIE Mashed Potatoes w/ Gravy	8 WG Potato & Cheddar Mini Pierogi w/ WG Breadstick (V) FEATURED VEGGIE Steamed Carrots	
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11 WG French Toast Sticks w/ Sausage Patties & Maple Syrup FEATURED VEGGIE Triangle Hash Browns	12 Pasta Bar Rotini Noodles, Diced Chicken or Meatballs, Alfredo or Spaghetti Sauce w/ Garlic Toast FEATURED VEGGIES Steamed Green Beans Caesar Salad	13 Buffalo Chicken & Cheese Hoagie On WG Hoagie Bun FEATURED VEGGIE Oven Fries	14 Asian Sesame Chicken w/ Brown Rice FEATURED VEGGIE Steamed Broccoli	15 Beef & Cheese Burrito On WG Tortilla Shell Salsa & Sour Cream on Side FEATURED VEGGIE Black Bean & Corn Blend	
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18 Beef Nacho Grande w/ WG Tortilla Chips Salsa & Sour Cream on Side FEATURED VEGGIE Steamed Corn	19 WG Cheese Lasagna Roll Up w/ Sauce & WG Breadstick FEATURED VEGGIES Steamed Green Beans Diced Tomato & Cucumber	20 Thanksgiving Feast Roasted Turkey, Stuffing, WG Rolls, Cranberry Sauce Treat: Apple & Pumpkin Pie FEATURED VEGGIES Mashed Potatoes w/ Gravy Steamed Corn	21 Corn Dog on Stick FEATURED VEGGIE Baked Beans	22 WG Cheese Pizza Sticks w/ Pizza Dipping Sauce (V) FEATURED VEGGIES Steamed Carrots Broccoli Salad	
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25 Fajita Chicken & Cheese Quesadilla on WG Tortilla Salsa & Sour Cream on Side FEATURED VEGGIE Steamed Corn	26 Chicken Parmesan WG Spaghetti Noodles w/ Sauce & WG Garlic Knot FEATURED VEGGIES Steamed Green Beans Caesar Salad	27 Toasted Cheese Sandwich On Texas Toast (V) FEATURED VEGGIE Tomato Soup	Thanksgiving Break NO SCHOOL		
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					
28 Thanksgiving Break NO SCHOOL			Thanksgiving Break NO SCHOOL		
29 Thanksgiving Break NO SCHOOL			Thanksgiving Break NO SCHOOL		
Your Team Jenna Ossler, General Manager 412.492.6390 ma1052@metzcorp.com			Meal Prices Student Breakfast \$2.80 Reduced Breakfast \$0.00 Faculty Breakfast \$4.00		

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

