


Hampton Township School District
High School Breakfast Menu

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
<p>NOW HIRING</p> <p>Part Time & Substitute Positions</p> <p>Email: ma1052@metzcorp.com</p>	<p>Reminder: Breakfast is Free for All Students!</p> <p>Must Select a Complete Reimbursable Meal</p>	<p>1</p> <p>NO SCHOOL</p> <p>New Year's Day</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>What is a Meal?</p> <p>You 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>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>Whole Grain PopTarts (V)</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>Whole Grain Donuts/ Donut Holes (V)</p> <p>Blueberry, Chocolate, Glazed, Powdered, Plain</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>						
		<p>6</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>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>13</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>14</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>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>20</p> <p>NO SCHOOL</p> <p>Martin Luther King Jr. Day</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>27</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>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>Your Team</p> <p>Jenna Ossler, General Manager 412.492.6390 ma1052@metzcorp.com</p>			<p>Meal Prices</p> <table> <tr> <td>Student Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$2.50</td> </tr> </table>		Student Breakfast	\$0.00	Reduced Breakfast	\$0.00	Faculty Breakfast	\$2.50	
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

