


Hampton Township School District
High School Lunch Menu

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					<p>What is a Meal?</p> <p>You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p>
<p>NOW HIRING</p> <p>Part Time & Substitute Positions</p> <p>Email: ma1052@metzcorp.com</p>	<p>Reminder:</p> <p>Breakfast is Free for All Students!</p> <p>Must Select a Complete Reimbursable Meal</p>	<p>NO SCHOOL</p> <p>New Year's Day</p>	<p>1</p> <p>WG Chicken Dumplings w/ WG Fried Rice</p> <p>Dipping Sauces: Chili, Sesame, Soy, Teriyaki</p> <p>FEATURED VEGGIE Steamed Broccoli</p>	<p>2</p> <p>Macaroni & Cheese w/ Breadstick (V)</p> <p>FEATURED VEGGIE Steamed Green Beans</p>	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					<p>Choice of Vegetable</p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, chocolate, vanilla, and strawberry</p>
<p>6</p> <p>Beef & Cheese Burrito On WG Tortilla Shell Salsa & Sour Cream on Side</p> <p>FEATURED VEGGIE Black Bean & Corn Blend</p>	<p>7</p> <p>Penne Pasta w/ Breadstick Meat or Marinara Sauce (V)</p> <p>FEATURED VEGGIES Steamed Green Beans Caesar Salad</p>	<p>8</p> <p>Meatball Hoagie On WG Hoagie Bun</p> <p>FEATURED VEGGIE Oven Fries</p>	<p>9</p> <p>Chicken Mashed Potato Bowl w/ WG Dinner Rolls</p> <p>FEATURED VEGGIE Steamed Corn</p>	<p>10</p> <p>WG Cheese Pizza Sticks w/ Pizza Dipping Sauce (V)</p> <p>FEATURED VEGGIES Steamed Carrots Broccoli Salad</p>	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					<p>Choice of Alternates</p> <p>GRILL</p> <p>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)</p> <p>PIZZA</p> <p>WG Cheese Pizza (V) WG Pepperoni Pizza</p> <p>SALAD BAR</p> <p>Made to Order Salad Bar Protein: Grilled Chicken, Black Beans, Chickpeas or Cheese</p> <p>SANDWICH</p> <p>WG Uncrustable PBJ w/ Cheese Stick & WG Pretzels (V)</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>13</p> <p>Beef Nacho Grande w/ WG Tortilla Chips Salsa & Sour Cream on Side</p> <p>FEATURED VEGGIE Steamed Corn</p>	<p>14</p> <p>Stuffed Shells w/ Sauce & Breadstick</p> <p>FEATURED VEGGIES Steamed Green Beans Caesar Salad</p>	<p>15</p> <p>BBQ Chicken, Bacon & Cheddar Cheese On Whole Grain Wrap</p> <p>FEATURED VEGGIES Baked Beans/Oven Fries</p>	<p>16</p> <p>Asian Sesame Chicken w/ Brown Rice</p> <p>FEATURED VEGGIE Steamed Broccoli</p>	<p>17</p> <p>WG Potato & Cheddar Mini Pierogi w/ WG Breadstick (V)</p> <p>FEATURED VEGGIE Steamed Carrots</p>	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					<p>NO SCHOOL</p> <p>Martin Luther King Jr. Day</p>
	<p>21</p> <p>Buffalo Chicken & Cheese Hoagie On WG Hoagie Bun</p> <p>FEATURED VEGGIE Oven Fries</p>	<p>22</p> <p>WG Cheese Lasagna Roll Up w/ Sauce & WG Breadstick</p> <p>FEATURED VEGGIES Steamed Green Beans Caesar Salad</p>	<p>23</p> <p>Chicken Tenders w/ WG Dinner Rolls</p> <p>FEATURED VEGGIE Mashed Potatoes w/ Gravy</p>	<p>24</p> <p>General Tso's Chicken w/ Brown Rice</p> <p>FEATURED VEGGIE Steamed Broccoli</p>	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					<p>27</p> <p>Doritos Walking Taco w/ Beef, Cheese & WG Nacho Cheese Doritos Salsa & Sour Cream on Side</p> <p>FEATURED VEGGIE Steamed Corn</p>
	<p>28</p> <p>Chicken Parmesan WG Spaghetti Noodles w/ Sauce & WG Garlic Knot</p> <p>FEATURED VEGGIES Steamed Green Beans Caesar Salad</p>	<p>29</p> <p>Toasted Cheese Sandwich On Texas Toast (V)</p> <p>FEATURED VEGGIES Tomato Soup/ Broccoli Salad</p>	<p>30</p> <p>Chicken Nuggets w/ WG Buttered Noodles</p> <p>FEATURED VEGGIES Steamed Mixed Vegetables</p>	<p>31</p> <p>WG French Toast Sticks w/ Sausage Patties & Maple Syrup</p> <p>FEATURED VEGGIE Steamed Carrots</p>	
<p>Your Team</p> <p>Jenna Ossler, General Manager 412.492.6390 ma1052@metzcorp.com</p>		<p>Meal Prices</p> <p>Student Lunch \$2.80 Reduced Lunch \$0.00 Faculty Lunch \$4.00</p>			

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

