

HAMPTON TOWNSHIP SCHOOL DISTRICT ELEMENTARY LUNCH MENU

September 2026

EAT SMART BE SMART



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31

Hot Dog on a Bun

Mashed Potatoes
Broccoli Salad

1

Chicken & Cheese Quesadilla

Steamed Corn
Salsa

2

Asian Sesame Chicken
over Rice

Steamed Broccoli
Carrot Sticks

3

Breakfast for Lunch:
Waffles, French Toast, or
Pancakes with Sausage
Patties
Tri-Taters
Garden Side Salad

4

Max Pizza Sticks with Dipping
Sauce (V)

Oven Roasted Zucchini
Chickpeas

Daily Offerings: PB&J Uncrustable Craveable (V) | Talbot Salad- Ham & Cheese Cups w/ Rolls | Chicken Tenders w/ Rolls

7

NO SCHOOL

HAPPY
LABOR DAY

8

Beef Soft Tacos

Refried Beans
Lettuce & Tomato

9

Hot Ham & Cheese on a
Pretzel Roll

Glazed Carrots
Broccoli Salad

10

Italian Meatball Sub

Curly Fries
Apple Cider Slaw

11

Pepperoni Pizza

Honey Cinnamon Sweet Potato
Corn Salad

Daily Offerings: PB&J Uncrustable Craveable (V) | Talbot Salad- Ham & Cheese Cups w/ Rolls | Chicken Tenders w/ Rolls

14

Mini Corn Dogs

Crinkle Cut Fries
Chickpea Salad

15

Walking Taco with
Pretzel Stick

Seasoned Black Beans
Garden Side Salad

16

Penne w/ Choice of Marinara
or Meat Sauce & Breadstick

Steamed Broccoli
Celery Sticks with Ranch

17

Toasted Cheese
Sandwich (V)

Tomato Soup
Green Pepper Strips

18

Cheesy Pizza

Steamed Green Beans
Baby Carrots

Daily Offerings: PB&J Uncrustable Craveable (V) | Talbot Salad- Ham & Cheese Cups w/ Rolls | Chicken Tenders w/ Rolls

21

Cheeseburger on a Bun

Smiley Fries
Cucumber Slices

22

Nacho Grande

Golden Corn

23

French Toast Sticks
with Sausage Links

Tri-Taters
Carrot Sticks

24

Mac & Cheese
with Dinner Roll (V)

Steamed Garden Peas
3-Bean Salad

25

Cheese Pizza Crunchers
w/ Dipping Sauce

Mixed Vegetables
Red Bell Pepper

Daily Offerings: PB&J Uncrustable Craveable (V) | Talbot Salad- Ham & Cheese Cups w/ Rolls | Chicken Tenders w/ Rolls

28

Asian Sesame Chicken
with Rice

Steamed Broccoli
Romaine Salad

29

Beef & Cheese Quesadilla

Seasoned Black Beans
Tomato Salad

30

Chicken Patty on a Bun

Hash Brown Potato
Fresh Cucumber Slices

Daily Offerings: PB&J Uncrustable Craveable (V) | Talbot Salad- Ham & Cheese Cups w/ Rolls | Chicken Tenders w/ Rolls

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

Daily Alternates

PB&J Uncrustable Craveable (V) | Talbot Salad- Ham & Cheese Cups w/ Rolls | Chicken Tenders w/ Rolls

Fruits & Veggies

Seasonal Fresh Fruit | Assorted Canned Fruit | 100% Fruit Juice
Seasonal Fresh Vegetables | Hot Assorted Vegetables | Leafy Salads

Students may choose two ½ cup servings.

Milk Selections

1% white, fat-free white, fat-free chocolate,
fat-free vanilla, fat-free strawberry

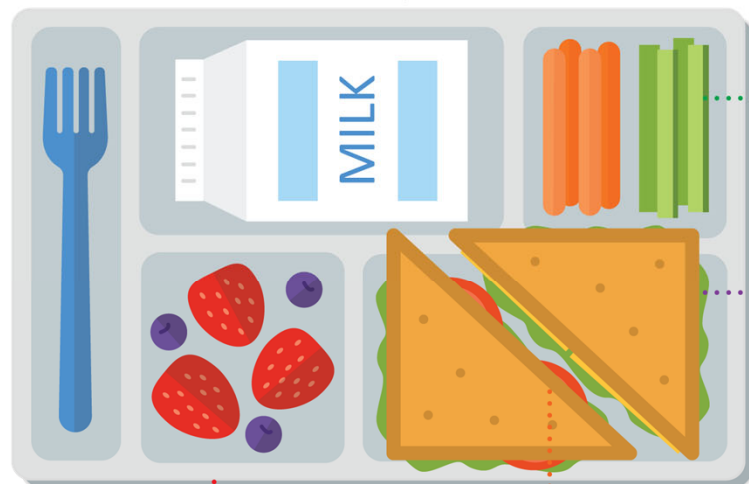
Lunch Prices

Student \$2.70
Adult \$4.25

(V) Vegetarian
(VG) Vegan
(GF) Gluten-Free
(H) Halal



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES



MILK IS MIGHTY

Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!



GNAW ON RAW

Veggie Patch, salad, and cooked. Veggies have fiber for digestion



POWER UP WITH PROTEIN

Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!



WHOLE GRAINS = WHOLE PACKAGE

Bread, cereal, and crackers. Grains give us energy!



PURSUIT FOR FRUIT

Fresh, cupped, or 100% juice, fruit is nutrient-packed!

WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of the **5** components available for the school lunch price:

Meat/Meat Alternative, Grain/Bread, Fruit, Vegetable, Milk

A minimum of $\frac{1}{2}$ cup serving of fruit must accompany a school breakfast.

Assorted Variety of Milk Available Daily

Fat-Free White, 1% White, and 1% Chocolate

schoolcafé

View menus on the go!
SchoolCafe provides an easy way to view our menus and manage your account.

Scan the QR code to access your account:



LUNCH PRICES

Student Lunch:	\$2.70
Adult Lunch:	\$4.25

WE ARE HIRING!

Looking for a meaningful job that also supports your family? Join our food service team for the 2026–27 school year!

[Apply Now!](#)

Questions? Email nan.guy@metzcorp.com

YOUR DINING SERVICES TEAM

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