HAMPTON TOWNSHIP SCHOOL DISTRICT
MIDDLE SCHOOL LUNCH MENU

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 **Mini Corn Dogs** SPECIAL SAMMY Italian Hoagie Mashed Potatoes Broccoli Salad	**1** **Walking Taco with Pretzel Stick** SPECIAL SAMMY BBQ Chicken & Cheese Wrap Steamed Corn Salsa	**2** **Toasted Cheese Sandwich (V)** SPECIAL SAMMY Hot Turkey & Cheese on a Pretzel Bun Tomato Soup Steamed Broccoli	**3** **Stuffed Shells w/ Sauce & Breadstick (V)** SPECIAL SAMMY Asian Sesame Chicken Wrap Steamed Green Beans Mandarin Spring Salad	**4** **Calzone with Marinara (V)** SPECIAL SAMMY Bacon Cheeseburger Oven Roasted Zucchini Chickpeas
Daily Offerings: Main Plate | Grill | Pizza | Salad Bar | Sandwiches				
7 **NO SCHOOL** HAPPY LABOR DAY	**8** **Beef Soft Tacos** SPECIAL SAMMY Chicken Caesar Wrap Refried Beans Lettuce & Tomato	**9** **Butter Chicken over Rice** SPECIAL SAMMY Garlic Texas Toast Patty Melt Glazed Carrots Broccoli Salad	**10** **Pasta with Marinara or Meat Sauce & Breadstick** SPECIAL SAMMY Italian Meatball Parm Zesty Country Green Beans Cucumber Slices	**11** **Max Pizza Sticks with Dipping Sauce (V)** SPECIAL SAMMY Nashville Hot Chicken Maple Flatbread Honey Cinnamon Sweet Potato Corn Salad
Daily Offerings: Main Plate | Grill | Pizza | Salad Bar | Sandwiches				
14 **Breaded Chicken Tenders with Mini Waffles** SPECIAL SAMMY Turkey Cheddar Wrap w/ Dill Pickle Ranch Crinkle Cut Fries Chickpea Salad	**15** **Walking Taco with Pretzel Stick** SPECIAL SAMMY Taco Wrap Seasoned Black Beans Garden Side Salad	**16** **Chicken & Mashed Potato Bowl with Roll** SPECIAL SAMMY Grilled Ham & Cheese Sandwich Steamed Corn Green Pepper Strips	**17** **Macaroni & Cheese with Dinner Roll (V)** SPECIAL SAMMY Italian Wrap Steamed Broccoli Celery Sticks with Ranch	**18** **Cheesy Pizza Crunchers** SPECIAL SAMMY Crispy Chicken Wrap Steamed Green Beans Baby Carrots
Daily Offerings: Main Plate | Grill | Pizza | Salad Bar | Sandwiches				
21 **Cheesy Chicken & Broccoli Rice Bowl** SPECIAL SAMMY Buffalo Chicken Wrap Steamed Broccoli Cucumber Slices	**22** **Nacho Grande** SPECIAL SAMMY BBQ Chicken Maple Flatbread Golden Corn	**23** **French Toast Sticks with Sausage Links** SPECIAL SAMMY Bacon, Egg, & Cheese Wrap Tri Patty Taters Carrot Sticks	**24** **Cheese Ravioli with Marinara with Dinner Roll (V)** SPECIAL SAMMY Red Hot Chicken Sandwich Steamed Garden Peas 3-Bean Salad	**25** **Calzone with Marinara (V)** SPECIAL SAMMY Egg & Cheese Bagel Sandwich Oven Fries Red Pepper Strips
Daily Offerings: Main Plate | Grill | Pizza | Salad Bar | Sandwiches				
28 **General Tso's Chicken with Rice** SPECIAL SAMMY Garlic Pepperoni Pizza Griller Steamed Broccoli Garden Salad	**29** **Beef Soft Tacos** SPECIAL SAMMY French Toast PB&J Seasoned Black Beans Tomato Salad	**30** **Mini Pierogis** SPECIAL SAMMY Bacon Cheeseburger Oven Fries Fresh Cucumber Slices	**1** **Pasta with Marinara or Meat Sauce & Breadstick** SPECIAL SAMMY Hot Ham & Cheese on a Pretzel Bun Mixed Veggies Baby Carrots	**2** **Max Pizza Sticks with Dipping Sauce (V)** SPECIAL SAMMY Chicken, Bacon, Ranch Wrap Roasted Zucchini Red Pepper Strips
Daily Offerings: Main Plate | Grill | Pizza | Salad Bar | Sandwiches				

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

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



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

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

WHAT IS A SCHOOL LUNCH?

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

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

A minimum of ½ cup serving of fruit or ½ cup serving of vegetables must accompany a school lunch.

Assorted Variety of Milk Available Daily
Fat-Free White, 1% White, and 1% Chocolate

LUNCH PRICES

Student Lunch:	$3.00
Adult Lunch:	$4.25

schoolcafé

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

DAILY ALTERNATES

CRAVEABLES

WG Uncrustable PBJ w/
Cheese Stick & WG Pretzels (V)

Pizza

Cheese pizza (V)
Pepperoni pizza

Grille

Chicken Patty on WG Bun
Spicy Chicken Patty on WG Bun
Grilled Chicken on WG Bun
Cheeseburger on WG Bun
Hamburger on WG Bun
Spicy Black Bean Burger on WG Bun (V)

Salad bar

Made to Order Salad Bar

Protein: Grilled Chicken, Crispy Chicken
Tuna or Cheese

cheffresh

WG PB&J Uncrustable (V)
WG Crispy Chicken Wrap
WG Buffalo Chicken Wrap

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

Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

YOUR DINING SERVICES TEAM
Nan Guy, General Manager
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