HAMPTON TOWNSHIP SCHOOL DISTRICT
HIGH SCHOOL LUNCH MENU

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Chicken & Cheese Quesadilla Steamed Corn Salsa	**1** Pasta & Meatballs w/ Breadstick Broccoli Salad	**2** Asian Sesame Chicken over Rice Steamed Broccoli Carrot Sticks	**3** Potato & Cheddar Pierogies w/ Dinner Roll Steamed Green Beans	**4** Max Pizza Sticks with Dipping Sauce (V) Oven Roasted Zucchini Chickpeas
Daily Offerings: Main Plate | Grill | Pizza | Salad Bar | Sandwiches				
7 NO SCHOOL HAPPY LABOR DAY	**8** Cheese Ravioli w/ Marinara w/ Garlic Toast Zesty Country Green Beans Cucumber Slices	**9** Indian Butter Chicken over Rice Glazed Carrots Broccoli Salad	**10** Italian Toaster Sandwich Curly Fries Apple Cider Slaw	**11** Buffalo Chicken Dip with Tortilla Chips Honey Cinnamon Sweet Potato Corn Salad
Daily Offerings: Main Plate | Grill | Pizza | Salad Bar | Sandwiches				
14 Walking Taco with Pretzel Stick Seasoned Corn & Black Beans Garden Side Salad	**15** Chicken Alfredo over Penne w/ Breadstick Steamed Broccoli Celery Sticks with Ranch	**16** Grilled Ham & Cheese Sandwich On a Pretzel Bun Tomato Soup Green Pepper Strips	**17** Breaded Chicken Drumstick with Mini Waffles Mixed Vegetables Chickpea Salad	**18** Cheesy Pizza Crunchers Steamed Green Beans Baby Carrots
Daily Offerings: Main Plate | Grill | Pizza | Salad Bar | Sandwiches				
21 Nacho Grande Golden Corn Strawberry Spinach Salad	**22** Pasta & Meat Sauce w/ Breadstick Steamed Garden Peas 3-Bean Salad	**23** French Toast Sticks with Sausage Patties Tri Patty Taters Carrot Sticks	**24** Tajin Mojo Chicken with Rice Steamed Broccoli Sliced Cucumbers	**25** Chicken Bruschetta On a Focaccia Bun Mixed Veggies
Daily Offerings: Main Plate | Grill | Pizza | Salad Bar | Sandwiches				
28 Buffalo Chicken Flatbread Tomato Salad	**29** Pasta & Meat Sauce w/ Garlic Knot Fresh Cucumber Slices Garden Salad	**30** General Tso's Chicken with Rice Steamed Broccoli Romaine Salad	**1** Chicken & Mashed Potato Bowl w/ Roll Mashed Potatoes Baby Carrots	**2** Calzone w/ Sauce 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

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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

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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, Black Beans, Chickpeas or Cheese

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

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YOUR DINING SERVICES TEAM
Nan Guy, General Manager
(412)492-6390 | nan.guy@metzcorp.com

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