HAMPTON TOWNSHIP SCHOOL DISTICT
ELEMENTARY LUNCH MENU

October 2026

EAT SMART
BE SMART



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Asian Sesame Chicken with Rice Steamed Broccoli Side Salad	29 Beef & Cheese Quesadilla Seasoned Black Beans Salsa	30 Chicken Patty on a Bun Hash Brown Potato Fresh Cucumber Slices	1 Chicken & Mashed Potato Bowl with Roll Mashed Potatoes Baby Carrots	2 Toasted Pizza Flatbread Sandwich Roasted Zucchini Red Pepper Strips
Daily Offerings: PB&J Uncrustable Craveable (V) | Talbot Salad- Ham & Cheese Cups w/ Roll | Chicken Tenders w/ Roll				
5 Chicken Nuggets with Roll Oven Fries Baby Carrots	6 Loaded Taco Tater Tot Bowl Green Beans Lettuce & Salsa	7 Cheeseburger Baked Beans Green Pepper Strips	8 Toasted Cheese Sandwich (V) Tomato Soup Corn Salad	9 Ham & Cheese Pizza Sweet Potato Tots Cucumber Slices
Daily Offerings: PB&J Uncrustable Craveable (V) | Talbot Salad- Ham & Cheese Cups w/ Roll | Chicken Tenders w/ Roll				
NO SCHOOL CAFETERIA CIRCUS NATIONAL SCHOOL LUNCH WEEK OCT 12TH-16TH •2026 12	13 Chicken & Cheese Quesadilla Steamed Corn Salsa	14 Asian Sesame Chicken over Rice Steamed Broccoli Carrot Sticks	15 Breakfast for Lunch: Egg, Sausage, & Cheese, on an English Muffin Tri-Taters Mandarin Spring Salad	16 Max Pizza Sticks with Dipping Sauce (V) Oven Roasted Zucchini Chickpeas
Daily Offerings: PB&J Uncrustable Craveable (V) | Talbot Salad- Ham & Cheese Cups w/ Roll | Chicken Tenders w/ Roll				
19 Lasagna Roll-Up w/ Garlic Toast Green Beans Cucumber Slices	20 Beef Soft Tacos Refried Beans Lettuce & Tomato	21 Hot Ham & Cheese on a Pretzel Roll Glazed Carrots Broccoli Salad	22 Italian Meatball Sub Curly Fries Apple Cider Slaw	23 Pepperoni Pizza Honey Cinnamon Sweet Potato Corn Salad
Daily Offerings: PB&J Uncrustable Craveable (V) | Talbot Salad- Ham & Cheese Cups w/ Roll | Chicken Tenders w/ Roll				
26 Mini Corn Dogs Crinkle Cut Fries Chickpea Salad	27 Walking Taco with Pretzel Stick Seasoned Black Beans Garden Side Salad	28 Penne w/ Choice of Marinara or Meat Sauce & Breadstick Steamed Broccoli Celery Sticks with Ranch	29 Talbot Italian Sub Tater Tots Green Pepper Strips	30 Cheesy Pizza Steamed Green Beans Baby Carrots
Daily Offerings: PB&J Uncrustable Craveable (V) | Talbot Salad- Ham & Cheese Cups w/ Roll | Chicken Tenders w/ Roll				

MAKE IT A MEAL!

Choose at least **3** of **5** meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

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

Lunch Prices

Student	$2.70
Adult	$4.25

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

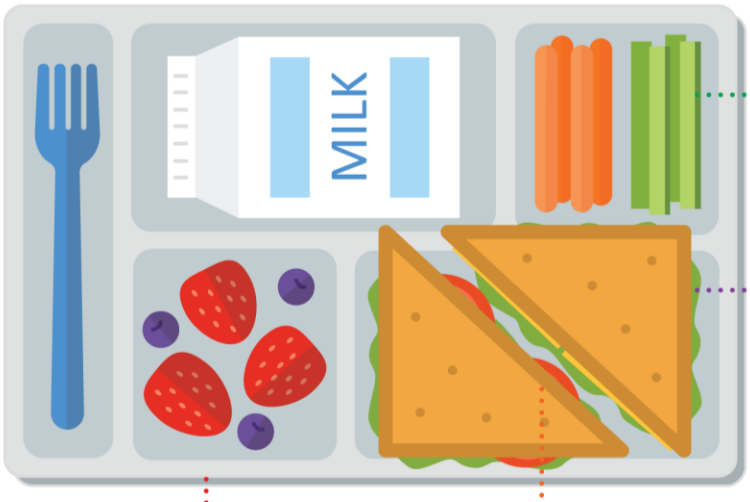
Your Dining Services Team

Nan Guy
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(412) 492-6390
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(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (H) Halal

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

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!

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Choose at least **3** of **5** meal components for the school lunch price:

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

LUNCH PRICES

Student Lunch:	$2.70
Adult Lunch:	$4.25

Meet Your nutritious friends



schoolcafé

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

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
Nan Guy, General Manager
(412) 492-6390| nan.guy@metzcorp.com | metz@ht-sd.org

Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Did you know?

October is Pear Month

POLAR PEAR



Fact #1

There are over 3,000 varieties of pears worldwide.

Fact #2

Pears are a very low acidic fruit, making them gentle on your stomach.

Fact #3

Pears are also known as “Butter Fruit” for their soft, butter-like consistency.

Candy Pear Halves

Number of Servings: 1
Serving Size: 1 Pear

INGREDIENTS:
1 medium pear, raw
1 tsp red gelatin mix

DIRECTIONS:
Slice pear in half and remove center/seeds
Sprinkle the 1 tsp gelatin on cut sides of pear

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 –1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups