

HAMPTON TOWNSHIP SCHOOL DISTRICT MIDDLE SCHOOL BREAKFAST MENU

October 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

29

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

30

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

1

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

2

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

5

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

6

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

7

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

8

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

9

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

NO SCHOOL

12



13

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

14

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

15

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

16

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

19

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

20

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

21

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

22

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

23

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

26

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

27

Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

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Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

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Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

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Sausage, Egg, & Cheese
Croissant, Bacon, Egg, &
Cheese English Muffin,
Pancake on a Stick

Dutch Waffle,
Mini Chocolate Chip
French Toast

MAKE IT A MEAL!

Choose at least 3 of 4 meal components for the school breakfast price:

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

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

Breakfast Prices

Student Free
Adult \$2.50

Available Daily

Assorted cereals or cereal bar served with graham crackers
Assorted Muffins & Loafs served with graham crackers
Assorted Donuts
Assorted Pop-Tarts
Assorted Yogurt w/ Fruit on the Bottom
Hard Boiled Eggs

Fruit Selection

Seasonal Fresh Fruit | Assorted Canned Fruit | 100% Fruit Juice
Students may choose two ½ cup servings.

Milk Selection

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

Your Dining Services Team

Nan Guy
General Manager
(412) 492-6390
nan.guy@metzcorp.com

(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.

