

HAMPTON TOWNSHIP SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU

October 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28

General Tso's Chicken
with Rice

Steamed Broccoli
Garden Salad

29

Beef Soft Tacos

Seasoned Black Beans
Tomato Salad

30

Mini Pierogis

Oven Fries
Fresh Cucumber Slices

1

Pasta with Marinara
or Meat Sauce & Breadstick

Mixed Veggies
Baby Carrots

2

Max Pizza Sticks
with Dipping Sauce (V)

Red Pepper Strips

5

Chicken Nuggets with Roll

Oven Fries
Baby Carrots

6

Walking Taco with
Pretzel Stick

Corn
Lettuce & Tomato

7

Double Dogs
with Toppings

Oven Fries, Coleslaw,
Baked Beans

8

Lasagna Roll Up
Garlic Knot

Steamed Garden Peas
Tomato Mozzarella Salad

9

Breaded Chicken Tenders
with Dutch Waffle

Tater Tots
Cucumber Slices

NO SCHOOL 12



13

Boneless Dip & Dust Wings
w/ Garlic Knot



Sidewinder Fries
Apple Cider Slaw

14

Nacho Grande



Refried Beans
Lettuce & Tomato

15

Stuffed Shells w/
Sauce & Breadstick (V)



Steamed Green Beans
Mandarin Spring Salad

16

Pepperoni Roll
with Marinara



Lemon-Parm Broccoli
Chickpeas

19

State Fair Corn Dog



Oven Fries
Cucumber Slices

20

Toasted Cheese
Sandwich (V)

Tomato Soup

21

Butter Chicken
over Rice

Glazed Carrots
Cucumber & Tomato Salad

22

Pasta with Marinara
or Meat Sauce & Breadstick



Green Beans
Cucumber Slices

23

Max Pizza Sticks with
Dipping Sauce (V)

Roasted Cauliflower
Caesar Salad

26

Breaded Chicken Tenders
with Mini Waffles



Oven Fries
Chickpea Salad

27

Walking Taco with
Pretzel Stick

Seasoned Black Beans
Garden Side Salad

28

Chicken & Mashed Potato
Bowl with Roll



Steamed Corn
Green Pepper Strips

29

Macaroni & Cheese
with Dinner Roll (V)



Steamed Broccoli
Celery Sticks with Ranch

30

Cheesy Pizza Crunchers (V)

Steamed Green Beans
Baby Carrots

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 \$3.00
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
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.



WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of **5** meal 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 vegetable must accompany a reimbursable lunch.

LUNCH PRICES

Student Lunch:	\$3.00
Adult Lunch:	\$4.25



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

DAILY ALTERNATES



Chicken Patty on WG Bun
Spicy Chicken Patty on WG Bun
Grilled Chicken on WG Bun
Cheeseburger on WG Bun
Hamburger on WG Bun



Made to Order Salad Bar

Protein: Grilled Chicken, Crispy Chicken
Tuna or Cheese



Cheese pizza (V)
Pepperoni pizza

All pizza made with freshly spun dough



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

YOUR DINING SERVICES TEAM

Nan Guy, General Manager

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