

HAMPTON TOWNSHIP SCHOOL DISTRICT HIGH SCHOOL LUNCH MENU

October 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28
Buffalo Chicken Flatbread

Tomato Salad

29
Pasta & Meat Sauce
with Garlic Knot

Fresh Cucumber Slices
Garden Salad

30
General Tso's Chicken
over Rice

Steamed Broccoli
Romaine Salad

1
Chicken & Mashed
Potato Bowl
with Dinner Roll

Mashed Potatoes
Baby Carrots

2
Calzone with
Dipping Sauce

Roasted Zucchini
Red Pepper Strips

5
Chicken Nuggets with
Dinner Roll

Oven Fries
Baby Carrots

6
Chicken Parmesan
over Pasta
with Breadstick

Green Beans
Caesar Salad

7
Sweet Chili Asian
Chicken Sandwich

Green Pepper Strips
Baked Beans

8
Toasted Cheese
Sandwich (V)

Tomato Soup
Corn Salad

9
Cheeseburger Tater Tot Bowl
with Roll

Tater Tots
Cucumber Slices



13
Pasta & Meatballs
with Breadstick

Broccoli Salad

14
Asian Sesame Chicken
over Rice

Steamed Broccoli
Carrot Sticks

15
Potato & Cheddar Pierogis
with Dinner Roll

Steamed Green Beans

16
Max Pizza Sticks
with Dipping Sauce (V)

Oven Roasted Zucchini
Chickpeas

19
Beef Soft Tacos

Refried Beans
Lettuce & Tomato

20
Pasta & Meat Sauce
with Garlic Knot

Steamed Broccoli
Celery Sticks with Ranch

21
Indian Butter Chicken
over Rice

Glazed Carrots
Broccoli Salad

22
Talbot Italian Sub

Curly Fries
Apple Cider Slaw

23
Buffalo Chicken Dip
with Tortilla Chips

Honey Cinnamon
Sweet Potato
Corn Salad

26
Walking Taco
with Pretzel Stick

Seasoned Corn &
Black Beans

27
Cheese Ravioli & Marinara
with Garlic Toast (V)

Zesty Country Green Beans
Cucumber Slices

28
Seasoned Steak &
Cheese Hoagie

Peppers & Onions
Celery Sticks with Ranch

29
Breaded Chicken Drumstick
with Mini Waffles

Mixed Vegetables
Chickpea Salad

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
Spicy Black Bean Burger on WG Bun (V)



Protein: Grilled Chicken, Tuna, Black Beans, Chickpeas 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

(412)492-6390 | nan.guy@metzcorp.com



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES