HAMPTON TOWNSHIP SCHOOL DISTRICT
MIDDLE SCHOOL LUNCH MENU

November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Nacho Grande Golden Corn Strawberry Spinach Salad	4 French Toast Sticks with Sausage Patties Tri Patty Taters Carrot Sticks	5 Cheese Ravioli with Marinara with Dinner Roll (V) Steamed Garden Peas 3-Bean Salad	6 Toasted Pizza Flatbread Steamed Green Beans Cucumber Slices
9 General Tso's Chicken with Rice Steamed Broccoli Garden Salad	10 Beef Soft Tacos Seasoned Black Beans Tomato Salad	11 Mini Pierogis Oven Fries Fresh Cucumber Slices	12 Pasta with Marinara or Meat Sauce & Breadstick Mixed Veggies Baby Carrots	13 Max Pizza Sticks with Dipping Sauce (V) Red Pepper Strips
16 Chicken Nuggets with Roll Oven Fries Baby Carrots	17 Walking Taco with Pretzel Stick Corn Lettuce & Tomato	18 Double Dogs with Toppings Oven Fries Coleslaw Baked Beans	19 Thanksgiving Feast Mashed Potatoes, Corn, Stuffing, Cranberry	20 Breaded Chicken Tenders with Dutch Waffle Tater Tots Chickpea Salad
23 Boneless Dip & Dust Wings w/ Garlic Knot Sidewinder Fries Apple Cider Slaw	24 Nacho Grande Refried Beans Lettuce & Tomato	25 Stuffed Shells w/ Sauce & Breadstick (V) Steamed Green Beans Mandarin Spring Salad	26 NO SCHOOL HAPPY Thanksgiving	27 NO SCHOOL
30 Breaded Chicken Tenders with Mini Waffles Oven Fries Chickpea Salad				

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 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
metz@ht-sd.org

(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

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

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

DAILY ALTERNATES

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

Salad bar

Made to Order Salad Bar

Protein: Grilled Chicken, Crispy Chicken Tuna or Cheese

Pizza

Cheese pizza (V)
Pepperoni pizza

All pizza made with freshly spun dough

CRAVEABLES

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

YOUR DINING SERVICES TEAM
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