HAMPTON TOWNSHIP SCHOOL DISTRICT
HIGH SCHOOL BREAKFAST MENU

November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel	4 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel	5 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel	6 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel
9 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel	10 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel	11 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel	12 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel	13 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel
16 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel	17 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel	18 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel	19 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel	20 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel
23 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel	24 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel	25 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel	26 NO SCHOOL 	27 NO SCHOOL
30 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick, Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles, Strawberry Filled Bagel				

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 Greek Yogurt

Fruit Selection

Seasonal Fresh Fruit | Assorted Canned Fruit | 100% Fruit Juice

Students may choose two ½ cup servings.

Milk Selections

1% white, fat-free white, fat-free chocolate

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