HAMPTON TOWNSHIP SCHOOL DISTRICT
HIGH SCHOOL LUNCH MENU

November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Pasta & Meatballs with Breadstick Steamed Garden Peas 3-Bean Salad	4 French Toast Sticks with Sausage Patties Tri Patty Taters Carrot Sticks	5 Tajin Mojo Chicken with Rice Steamed Broccoli Sliced Cucumbers	6 Chicken Bruschetta on Focaccia Roll Mixed Veggies
9 Buffalo Chicken Flatbread Tomato Salad	10 Pasta & Meat Sauce with Garlic Knot Fresh Cucumber Slices Garden Salad	11 General Tso's Chicken over Rice Steamed Broccoli Caesar Salad	12 Chicken & Mashed Potato Bowl with Dinner Roll Mashed Potatoes Baby Carrots	13 County Fair Corn Dog Baked Beans Red Pepper Strips
16 Chicken Nuggets with Dinner Roll Oven Fries Baby Carrots	17 Chicken Parmesan over Pasta with Breadstick Green Beans Caesar Salad	18 Sweet Chili Asian Chicken Sandwich Green Pepper Strips Baked Beans	19 Thanksgiving Feast Mashed Potatoes, Stuffing, Corn	20 Cheeseburger Tater Tot Bowl with Roll Tater Tots Cucumber Slices
23 Toasted Cheese Sandwich (V) Tomato Soup Corn Salad	24 Pasta & Meat Sauce with Garlic Knot Broccoli Salad	25 Asian Sesame Chicken over Rice Asian Mixed Vegetables Carrot Sticks	26 NO SCHOOL HAPPY Thanksgiving	27 NO SCHOOL
30 Beef Soft Tacos Refried Beans Lettuce & Tomato				

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.

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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
Spicy Black Bean Burger on WG Bun (V)

Salad bar

Protein: Grilled Chicken, Tuna, Black Beans, Chickpeas or Cheese

Pizza

Cheese pizza (V)
Pepperoni pizza

All pizza made with freshly spun dough

GRAVEABLES

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

SIMPLY SMOOTHIE

Build Your Own Yogurt Bar

YOUR DINING SERVICES TEAM
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