



Abington Heights School District Middle School Lunch Menu March 2023

Monday 2/27/23	Tuesday 2/28/23	Wednesday 3/1/23	Thursday 3/2/23	Friday 3/3/23
Pulled Pork Sandwich	Nacho's Grande	Popcorn Chicken Bites	Meatball Hoagie	Middle School Early Dismissal Breakfast Bar
Steamed Broccoli Choice of Fruit Choice of Milk 3/6/23	Choice of Fruit Choice of Milk Choice of Milk 3/7/23	Green Beans Choice of Fruit Choice of Milk 3/8/23	Choice of Fruit Choice of Milk Choice of Milk 3/9/23	100% Fruit Juice Choice of Fruit Choice of Milk 3/10/23
Buffalo Chicken Sandwich	Taco Bar	Breakfast for Lunch Breakfast Sandwich Ham, Egg, & Cheese on English Muffin	Burger Bar Cheeseburgers with all the Fixin's	Mashed Potato Bar Cheese Sauce, Broccoli, Butter, Sour Cream
Mixed Veggie Choice of Fruit Choice of Milk 3/13/23	Corn Choice of Fruit Choice of Milk 3/14/23	Orange Juice Cup Choice of Fruit Choice of Milk 3/15/23	Green Beans Choice of Fruit Choice of Milk 3/16/23	Steamed Broccoli Choice of Fruit Choice of Milk 3/17/23
Professional Development Day	Pasta Bar	Terykayi Chicken Sandwich	Steak & Cheese Hoagie	St. Patrick's Day Cabbage & Noodles
No School for Students	Steamed Broccoli Choice of Fruit Choice of Milk 3/20/23	Stir Fry Veggies Choice of Fruit Choice of Milk 3/22/23	French Fries Choice of Fruit Choice of Milk 3/23/23	Steamed Broccoli Choice of Fruit Choice of Milk 3/24/23
Grilled Cheese Sandwich	Pulled pork Tacos	Comet Bowl	Noodle Bar Asian Chicken Noodle Bowl <small>*Meatless Option Available*</small>	Macaronni + Cheese
Fresh Veggies Choice of Fruit Choice of Milk 3/27/23	Corn Choice of Fruit Choice of Milk 3/28/23	Mashed Potatoes Choice of Fruit Choice of Milk 3/29/23	Stir Fry Veggies Choice of Fruit Choice of Milk 3/30/23	Green Beans Choice of Fruit Choice of Milk 3/31/23
Breakfast For Lunch	Mexican Rice Bowl	Hot Dog Bar	Chicken Parm Melt	Pasta Alfredo
Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Streamed Broccoli Choice of Fruit Choice of Milk	Steamed Peas Choice of Fruit Choice of Milk



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USDA National School Lunch Requirements

Students are encouraged to take all 5 of the different components offered; however, it is required they take **at least 3 different components**. One of those components must be a fruit and/or a vegetable

Step 1: Choose 1/2 cup of fruit and/or vegetable

Step 2: Choose at least 2 other components

Alternate Entree Menu Items Served Daily:
Cheese Pizza, Pepperoni Pizza, Chicken Patty, Spicy Chicken Patty, Hamburger, Cheesburger, & a variety of cold sandwiches and salads.

****LOOK FOR NEW GRAB N'GO MEATLESS OPTIONS****

	Meal Prices
STUDENT PAID LUNCH	\$2.40
REDUCED LUNCH	\$0.40

CHAPPY ST. PATRICK'S DAY