



Abington Heights School District Elementary Lunch Menu December 2022

| Monday 11/28/22 | Tuesday 11/29/22 | Wednesday 11/30/22 | Thursday 12/1/22 | Friday 12/2/22 |
|--|---|--|--|---|
| | Early Dismissal Hot Dog on a Bun or Pizza Craveable | Pasta w/ Marinara Sauce Dinner Roll or Pizza Craveable | Buffalo Chicken Dip or Pizza Pizza Craveable | Pizza Friday! Cheese Pizza or Pizza Craveable |
| | Mixed Veggies Choice of Fruit Choice of Milk | Steamed Broccoli Choice of Fruit Choice of Milk | Green Beans Choice of Fruit Choice of Milk | Steamed Carrots Choice of Fruit Choice of Milk |
| 12/5/22 | 12/6/22 | 12/7/22 | 12/8/22 | 12/9/22 |
| Chicken Cheese Steak Hoagie or Bagel & Yogurt Craveable | Taco Tuesday!!! Nacho's Grande or Bagel & Yogurt Craveable | Macaronni & Cheese or Bagel & Yogurt Craveable | Cheeseburger on a Bun or Bagel & Yogurt Craveable | Pizza Friday! Cheese Pizza or Bagel & Yogurt Craveable |
| Green Beans Choice of Fruit Choice of Milk | Corn Choice of Fruit Choice of Milk | Steamed Broccoli Choice of Fruit Choice of Milk | Baked Beans Choice of Fruit Choice of Milk | Mixed Veggies Choice of Fruit Choice of Milk |
| 12/12/22 | 12/13/22 | 12/14/22 | 12/15/22 | 12/16/22 |
| Chicken Patty on a Bun or Fruit & Veggie Craveable | Taco Tuesday!!! Chicken Fajitas or Fruit & Veggie Craveable | Comet Bowl Popcorn Chicken, Mashed Potatoes, Cheddar Cheese or Fruit & Veggie Craveable | Pasta w/ Marinara Sauce or Fruit & Veggie Craveable | Pizza Friday! Cheese Pizza or Fruit & Veggie Craveable |
| Steamed Peas Choice of Fruit Choice of Milk | Baked Beans Choice of Fruit Choice of Milk | Corn Choice of Fruit Choice of Milk | Green Beans Choice of Fruit Choice of Milk | Mixed Veggies Choice of Fruit Choice of Milk |
| 12/19/22 | 12/20/22 | 12/21/22 | 12/22/22 | 12/23/22 |
| Breakfast for Lunch Pancakes Sausage Patty or Nacho Craveable | Taco Tuesday!!! Walking Taco!! or Nacho Craveable | Asian Chicken Bowl Sweet & Sour Chicken over White Rice or Nacho Craveable | Cheese Filled Breadstix w/ Dipping Sauce or Nacho Craveable | No School |
| Hash Browns Choice of Fruit Choice of Milk | Corn Choice of Fruit Choice of Milk | Stir Fry Veggies Choice of Fruit Choice of Milk | Steamed Carrots Choice of Fruit Choice of Milk | |
| 12/26/22 | 12/27/22 | 12/28/22 | 12/29/22 | 12/30/22 |
| Winter Break!! | Winter Break!! | Winter Break!! | Winter Break!! | Winter Break!! |



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| Meal Prices | |
|---|--------|
| STUDENT PAID LUNCH | \$2.25 |
| REDUCED LUNCH | \$0.40 |
| Adult Meal | \$4.00 |
| Assorted Snacks Available Daily: | |
| Snack Items: | \$0.55 |
| 8 oz Bottled Water: | \$0.55 |
| 16 oz Bottled Water: | \$1.00 |
| 4 oz Juice: | \$0.80 |



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 and up to 3:

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