

# January Lunch Menu

## What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**

Meat or meat alternate

Choice of Vegetable

Choice of Fruit

Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate

## Weekly Vegetable Subgroups May Include:

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers,

green beans and cabbage

## Daily Fruit Selection May Include:

oranges, apples, bananaWs, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple,

100% fruit juices

and mandarin oranges

## Lunch Prices

**ALL STUDENTS ARE ELIGIBLE FOR A FREE BREAKFAST & LUNCH DAILY!**

**Adult: \$3.25**



# ABINGTON SCHOOL DISTRICT ELEMENTARY LUNCH MENU



## Monday

**9**

## Tuesday

**4**  
Chicken Nuggets  
or  
Bael Cravable  
**Featured Veggies:**  
Buttered Corn  
Fresh Celery Stix  
Choice of Fruit  
Choice Of Milk

## Wednesday

**5**  
Cheeseburger on Roll  
or  
Bagel Cravable  
**Featured Veggies:**  
Baked Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

## Thursday

**6**  
Corn Dog Nuggets  
or  
Bagel Cravable  
**Featured Veggies:**  
Green Beans  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

## Friday

**7**  
Cheese Pizza  
or  
Bagel Craveable  
**Featured Veggies:**  
Steamed Carrots  
Tossed Salad  
Choice of Fruit  
Choice of Milk

**10**

Chicken Patty  
or  
Nacho Cravable  
**Featured Veggies:**  
Mixed Veggie  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**11**

**Taco Tuesday**  
Hard or Soft Shell  
Beef Taco  
or  
Nacho Cravable  
**Featured Veggies:**  
Corn  
Tossed Salad  
Choice of Fruit  
Choice of Milk

**12**

**Pasta with Meatballs**  
or  
Nacho Cravable  
**Featured Veggies:**  
Broccoli  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**13**

**Breakfast for Lunch**  
**Mini Pancakes, Sausage**  
or  
Nacho Cravable  
**Featured veggies:**  
Tater Tots  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**14**

**French Bread Pizza**  
or  
Nacho Cravable  
**Featured veggies:**  
Green Beans  
Celery Stix  
Choice of Fruit  
Choice of Milk

**17**

No School

**18**

**Grilled Cheese**  
or  
**Turkey & Cheese Cravable**  
**Featured Veggies:**  
Tomato Soup  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**19**

**Hot Dog**  
or  
**Turkey & Cheese Cravable**  
**Featured Veggies:**  
Baked Beans  
Tossed Salad  
Choice of Fruit  
Choice of Milk

**20**

**Comet Bowl**  
Popcorn Chicken, Corn,  
Mashed Potatoes, Cheese  
or  
Turkey Chee Craveable  
**Featured Veggies:**  
Corn  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**21**

**Cheese Pizza**  
or  
Turkey & Cheese Cravable  
**Featured Veggies:**  
Steamed Broccoli  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**24**

**Cheeseburger**  
or  
Pizza Cravable  
**Featured Veggies:**  
French Fries  
Celery sticks  
Choice of Fruit  
Choice of Milk

**25**

**Taco Tuesday**  
Beef Taco with Toppings  
or  
Pizza Cravable  
**Featured Veggies:**  
Steamed Carrot Coins  
Cucmber slices  
Choice of Fruit  
Choice of Milk

**26**

**Breakfast for Lunch**  
Confetti Pancakes  
Sausage Pattv  
or  
Pizza Cravable  
**Featured Veggies:**  
Hash Brown Potatoes  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**27**

**Chicken Tenders**  
or  
Pizza Craveable  
**Featured Veggies:**  
Green Beans  
Tossed Salad  
Choice of Fruit  
Choice of Milk

**28**

**French Bread Pizza**  
or  
Pizza Cravable  
**Featured Veggies:**  
Mixed Veggie  
Red Pepper Stips  
Choice of Fruit  
Choice of Milk

Welcome Back!

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Be sure to create an account for online access and low balance email notifications for all students and adults.

