



Abington Heights School District Elementary School Lunch Menu March 2023



Monday	Tuesday	Wednesday	Thursday	Friday
2/27/23 ROAD	2/28/23 ACROSS	3/1/23 AMERICA	3/2/23 WEEK	3/3/23 !!!!
Go, Dog, Go! Hot Dog on a Bun or Pizza Craveable	Taco Tuesday!! Taco Tuesday! or Pizza Craveable	Poppin Chicken Bites w/ One Fish, Two Fish, Red Fish, Blue Fish, Goldfish Crackers Pizza Craveable	Dr. Seuss's Birthday! Green Eggs & Ham or Pizza Craveable	Cheese Pizza or Pizza Craveable
Steamed Broccoli Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Tater Tots Choice of Fruit Choice of Milk	Steamed Carrots Choice of Fruit Choice of Milk
3/6/23	3/7/23	3/8/23	3/9/23	3/10/23
Pasta with Marinara Sauce	Taco Tuesday!! Nacho's Grande or Popcorn Chicken Salad	Grilled Cheese Sandwich or Popcorn Chicken Salad	Cheeseburger on on a Bun or Popcorn Chicken Salad	PIZZA FRIDAY!!
or Popcorn Chicken Salad Broccoli Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Mixed Veggie Choice of Fruit Choice of Milk	Steamed Carrots Choice of Fruit Choice of Milk	Cheese Pizza or Popcorn Chicken Salad
3/13/23	3/14/23	3/15/23	3/16/23	3/17/23
No School	Snow Day!! No School	Virtual Instruction No School	Breakfast for Lunch Mini Maple Pancakes Sausage Patty or Nacho Craveable	PIZZA FRIDAY!!
			Orange Juice Cup Choice of Fruit Choice of Milk	Cheese Pizza or Nacho Craveable
				Steamed Carrots Choice of Fruit Choice of Milk
3/20/23	3/21/23	3/22/23	3/23/23	3/24/23
Hot Ham & Cheese Sandwich or Hummus & Veggie Craveable	Taco Tuesday!! Cheesy Quesadillas Or Hummus & Veggie Craveable	Comet Bowl Popcorn Chicken, Cheddar Cheese, Mashed Potatoes, Corn or Hummus & Veggie Craveable	Macaroni & Cheese Or Hummus & Veggie Craveable	PIZZA FRIDAY!!
Steamed Broccoli Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Mashed Potatoes Choice of Fruit Choice of Milk	Stewed Tomatoes Choice of Fruit Choice of Milk	Cheese Pizza or Hummus & Veggie Craveable
3/27/23	3/28/23	3/29/23	3/30/23	3/31/23
Chicken Patty on a Bun or Bagel & Yogurt Craveable	Taco Tuesday!! Soft Shell Taco or Bagel & Yogurt Craveable	Teriyaki Chicken Noodle Bowl Or Bagel & Yogurt Craveable	Hot Dog on a Bun or Bagel & Yogurt Craveable	PIZZA FRIDAY!!
Steamed Broccoli Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Stir Fry Veggies Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Cheese Pizza Or Bagel & Yogurt Craveable



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:



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
- 4 oz Juice: \$0.80
- Milk: \$0.75



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submitted any time during the school year)

