



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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, fat-free white, chocolate, vanilla and strawberry

Weekly Vegetable Subgroups

May Include:

- Dark Green - spinach, broccoli, romaine and spring salad
- Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
- Legumes - beans and peas
- Starchy - potatoes, corn, peas & lima beans
- Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections

May Include:

- oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Meal Prices

STUDENT PAID LUNCH \$2.25
 REDUCED LUNCH \$0.40
 Adult Meal \$4.00

Assorted Snacks

Small Snack Items: \$0.55
 Large Snacks: \$1.00
 8 oz Bottled Water: \$0.55
 4 oz Juice: \$0.80
 Milk: \$0.75



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 USDA is an equal opportunity provider and employer.



**Abington Heights School District
 Elementary Lunch Menu
 April 2024**



Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 Taco Tuesday!!! Nacho's Grande or Bagel & Yogurt Craveable Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	3 Chicken Patty on a Bun or Bagel Craveable Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	4 Pasta w/ Meat Sauce or Bagel Craveable Featured Veggies: Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	5 Pizza Friday!! Cheese Pizza or Bagel Craveable Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
8 Popcorn Chicken Bites w/ Soft Pretzel Stick or Nacho Craveable Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	9 Chicken and Cheese Quesadilla or Nacho Craveable Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	10 Breakfast for Lunch French Toast Sticks w/ Sausage or Nacho Craveable Featured Veggies: Breakfast Potatoes Choice of Fruit Choice of Milk	11 Hot Ham & Cheese on a Pretzel Roll or Nacho Craveable Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	12 Pizza Friday!! Cheese Pizza or Nacho Craveable Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
15 Chicken Nuggets w/ Dinner Roll or Chicken Tender Wrap Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	16 Taco Tuesday!!! Walking Taco or Chicken Tender Wrap Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	17 Hot Dog on a Bun or Chicken Tender Wrap Featured Veggies: French Fries Fresh Vegetables Choice of Fruit Choice of Milk	18 Mac & Cheese w/ Breadstick or Chicken Tender Wrap Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit O	19 Pizza Friday!! Cheese Pizza or Chicken Tender Wrap Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
22 Cheesburger on a Bun or Pizza Craveable Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	23 Taco Tuesday!!! Soft Shell Tacos or Pizza Craveable Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	24 Breakfast for Lunch Mini Pancakes w/ Sausage or Pizza Craveable Featured Veggies: Breakfast Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	25 Cheese Filled Breadstick or Pizza Craveable Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	26 Pizza Friday!! Cheese Pizza or Pizza Craveable Featured Veggies: Carrots Fresh Vegetables Choice of Fruit Choice of Milk
29 Grilled Cheese Sandwich or Turkey & Cheese Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	30 Taco Tuesday!!! Chicken Fajitas or Turkey & Cheese Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	31 Breakfast for Lunch Potato & Cheese Pierogies or Turkey & Cheese Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	1 Sloppy Joe on a Bun or Turkey & Cheese Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	2 Pizza Friday!! Cheese Pizza or Pizza Craveable Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk