



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



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>29</p> <p>Grilled Cheese sandwich Or Turkey & Cheese</p> <p>Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Taco Tuesday!!! Chicken Fajitas or Turkey & Cheese Craveable</p> <p>Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>1</p> <p>Potato & Cheese Pierogies or Turkey & Cheese</p> <p>Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Sloppy Joe on a Bun Or Turkey & Cheese</p> <p>Featured Veggies: Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Pizza Friday!! Cheese Pizza or Turkey & Cheese</p> <p>Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p>6</p> <p>Chicken Patty on a Bun Or Bagel & Yogurt Craveable</p> <p>Daily Choices: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Taco Tuesday!!! Crunchy Tacos or Bagel & Yogurt Craveable</p> <p>Daily Choices: Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>8</p> <p>Hot Dog on a Bun or Bagel & Yogurt Craveable</p> <p>Daily Choices: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Steak and Cheese Hoagie or Bagel & Yogurt Craveable</p> <p>Daily Choices: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Pizza Friday!! Cheese Pizza or Bagel & Yogurt Craveable</p> <p>Daily Choices: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p>13</p> <p>Chicken Nuggets w/ Dinner Roll Or Chicken Tender Wrap</p> <p>Daily Choices: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Taco Tuesday!!! Walking Taco or Chicken Tender Wrap</p> <p>Daily Choices: Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>15</p> <p>Breakfast for Lunch French Toast Sticks w/ Sausage or Chicken Tender Wrap</p> <p>Daily Choices: Breakfast Potatoes Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Chicken Parmesan Pasta or Chicken Tender Wrap</p> <p>Daily Choices: Steamed Broccoli Fresh Vegetables Choice of Fruit O</p>	<p>17</p> <p>Pizza Friday!! Cheese Pizza or Chicken Tender Wrap</p> <p>Daily Choices: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p>20</p> <p>Popcorn Chicken Bites OR Super Fruit Craveable</p> <p>Daily Choices: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>21</p> <p>Taco Tuesday!!! Soft Shell Tacos or Super Fruit Craveable</p> <p>Daily Choices: Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>22</p> <p>Macaroni & Cheese w/ Breadstick or Super Fruit Craveable</p> <p>Daily Choices: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Cheeseburger on a Bun or Super Fruit Craveable</p> <p>Daily Choices: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>24</p> <p>Pizza Friday!! Cheese Pizza or Super Fruit Craveable</p> <p>Daily Choices: Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p>27</p> <p>No School</p>	<p>28</p> <p>Taco Tuesday!!! Chicken Fajitas Or Ham & Cheese Sandwich</p> <p>Daily Choices: Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>29</p> <p>Grilled Cheese Sandwich or Ham & Cheese Sandwich</p> <p>Daily Choices: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Loaded Fries or Ham & Cheese Sandwich</p> <p>Daily Choices: French Fries Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>31</p> <p>Pizza Friday!! Cheese Pizza or Ham & Cheese Sandwich</p> <p>Daily Choices: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>

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