

**Join us & Celebrate
National
Nutrition Month**



**Promotions & Fun
Activities all month
focusing on healthy habits.**

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 Available Daily:

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
March 2024**



Metz
CULINARY MANAGEMENT

Monday	Tuesday	Wednesday	Thursday	Friday
26 Chicken Patty Sandwich Or Chicken Dipper Craveable Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	27 Taco Tuesday!!! Chicken Fajitas Or Chicken Dipper Craveable Featured Veggies: Mexicali Corn Fresh Vegetables Choice of Fruit Choice of Milk	28 Breakfast for Lunch Mini Pancakes with Sausage Or Chicken Dipper Craveable Featured Veggies: Breakfast Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	29 Salisbury Steak Or Chicken Dipper Craveable Featured Veggies: Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	1 Pizza Friday!! Cheese Pizza Or Chicken Dipper Craveable Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
4 Hot Dog on a Bun Or Nacho Craveable Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	5 Taco Tuesday!!! Chicken and Cheese Quesadilla Or Nacho Craveable Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	 6 Green Eggs & Ham w/ Mini Bagel Or Nacho Craveable Featured Veggies: Breakfast Potatoes Choice of Fruit Choice of Milk	7 Cheesy Baked Pasta w/ Garlic Bread Or Nacho Craveable Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	8 Pizza Friday!! Cheese Pizza Or Nacho Craveable Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
11 Chicken Nuggets w/ Goldfish Crackers Or Turkey & Cheese Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	12 Taco Tuesday!!! Walking Taco Or Turkey & Cheese Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	13 **Comet Bowl** Popcorn Chicken, Potatoes Shredded Cheddar, Gravy Or Turkey & Cheese Featured Veggies: Mashed Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	14 Mac & Cheese w/ Breadstick Or Turkey & Cheese Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	15 Pizza Friday!! Cheese Pizza Or Turkey & Cheese Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk
18 Grilled Cheese Sandwich Or Pizza Craveable Featured Veggies: Tomato Soup Fresh Vegetables Choice of Fruit Choice of Milk	19 Chicken Fajita Or Pizza Craveable Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	20 Corn Dog Or Pizza Craveable Featured Veggies: Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	21 Breakfast for Lunch Mini Pancakes w/ Sausage Or Pizza Craveable Featured Veggies: Hash Browns Fresh Vegetables Choice of Fruit Choice of Milk	22 Pizza Friday!! Cheese Pizza Or Pizza Craveable Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk
25 Cheese Filled Breadstick Or Ham & Cheese Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	26 Taco Tuesday!!! Soft Shell Tacos Or Ham & Cheese Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	27 Lasagna Rollups w/ dinner roll Or Ham & Cheese Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	28 Cheeseburger on a bun Or Ham & Cheese Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	29 No School