



# Abington Heights School District High School Lunch Menu



**Metz**  
CULINARY MANAGEMENT

**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

**Alternate Entree Items**  
Chicken Patty, Spicy Chicken Patty, Cheese & Pepperoni Pizza, Cheeseburger on a bun, and a variety of fresh made sandwiches, salads, and wraps.

**Meal Prices**  
STUDENT PAID LUNCH \$2.40  
REDUCED LUNCH \$0.00  
Adult Meal \$4.00

**February is Heart Healthy Month!**  
Let's protect our by taking small actions like adding more movement to our day or choosing healthy foods! Your will thank you!

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
29 <b>Featured Veggies:</b> Mexicali Corn Fresh Vegetables Choice of Fruit Choice of Milk	30 <b>Taco Tuesday!!!</b> <b>Crunchy Taco's</b> <b>Featured Veggies:</b> Mexicali Corn Fresh Vegetables Choice of Fruit Choice of Milk	31 <b>Waffles Bar</b> <b>w/ Fruit Topping</b> <b>Featured Veggies:</b> Breakfast Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	1 <b>Baked Penne</b> <b>Pasta w/ Marinara</b> <b>Featured Veggies:</b> Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	2 <b>Pizza Friday!!</b> <b>Cheese Pizza</b> <b>Featured Veggies:</b> Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
5 <b>Pasta Alfredo</b> <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	6 <b>Taco Tuesday!!!</b> <b>Crunchy Taco's</b> <b>Featured Veggies:</b> Corn Fresh Vegetables Choice of Fruit Choice of Milk	7 <b>Sausage &amp; Peppers</b> <b>Hoagie</b> <b>Featured Veggies:</b> Peppers & Onions Fresh Vegetables Choice of Fruit Choice of Milk	8 <b>Loaded Fries!!</b> <b>Featured Veggies:</b> French Fries Fresh Vegetables Choice of Fruit Choice of Milk	9  <b>Featured Veggies:</b> Fresh Vegetables Choice of Fruit Choice of Milk
12 <b>Meatball Parm</b> <b>Hoagie</b> <b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	13 <b>Taco Tuesday!!!</b> <b>Chicken Fajita</b> <b>Featured Veggies:</b> Corn Fresh Vegetables Choice of Fruit Choice of Milk	14 <b>Valentines Day!!</b> <b>Lasagna Rollups</b> <b>w/ Dinner Roll</b> <b>Enter to Win!!</b> <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	15 <b>Hamburger</b> <b>Or</b> <b>Cheeseburger</b> <b>w/ Toppings Bar</b> <b>Featured Veggies:</b> Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	16 <b>Breakfast for Lunch</b> <b>Pancake Bar</b> <b>Syrup, Fruit Topping,</b> <b>Whipped Cream</b> <b>Featured Veggies:</b> Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk
19 	20 	21 	22 <b>Grilled Cheese</b> <b>Sandwich</b> <b>Featured Veggies:</b> Tomato Soup Fresh Vegetables Choice of Fruit Choice of Milk	23 <b>BORCO STICKS</b> <b>Cheese Filled</b> <b>Breadstick</b> <b>w/ Dipping Sauce</b> <b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
26 <b>Hot Wing</b> <b>Hoagie</b> <b>Featured Veggies:</b> Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	27 <b>Taco Tuesday!!!</b> <b>Nachos Grande</b> <b>Featured Veggies:</b> Corn Fresh Vegetables Choice of Fruit Choice of Milk	28 <b>Pasta Bar</b> <b>Pasta w/</b> <b>Alfredo or Marinara Sauce</b> <b>Featured Veggies:</b> Fresh Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	29 <b>Chicken &amp; Waffles</b> <b>Featured Veggies:</b> Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	1 <b>Pierogies</b> <b>w/ Butter &amp; Onions</b> <b>Featured Veggies:</b> Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk