



Abington Heights School District High School Lunch Menu May 2024



What is a Meal?

5 components available for the school lunch price.

Meat or meat alternate,
Choice of Vegetable, Choice of Fruit, Grain/Bread, & Choice of Low Fat Milk

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 of a vegetable must accompany a reimbursable lunch!



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

- Plain or Spicy Chicken Patty
- Cheese & Pepperoni Pizza
- Cheeseburger on a Bun
- Sandwiches, Salads, and Wraps made fresh daily

Meal Prices

STUDENT PAID LUNCH	\$2.40
ADULT LUNCH	\$4.00

Email- ma1113@metzcorp.com
USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Kickin Honey Chicken Sandwich</p> <p>Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Taco Tuesday!!!</p> <p>Walking Taco</p> <p>Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>1</p> <p>Potato & Cheese Pierogies w/ Butter & Onions</p> <p>Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Buffalo Chicken Nachos</p> <p>Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Bosco Sticks Cheese Filled Breadsticks w/ Dipping Sauce</p> <p>Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p>6</p> <p>Cinco de Mayo Celebration</p> <p>Chimichurri Pork Tacos</p> <p>Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Taco Tuesday!!!</p> <p>Chicken Fajitas</p> <p>Featured Veggies: StirFry Veggies Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>8</p> <p>A Variety of Flatbread Pizzas</p> <p>Featured Veggies: Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Pasta Primavera Alfredo Pasta w/ Veggies</p> <p>Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Rodeo Chicken Sandwich</p> <p>Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p>13</p> <p>Burger Bar</p> <p>Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Taco Tuesday!!!</p> <p>Walking Taco</p> <p>Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>15</p> <p>Comet Bowl Popcorn Chicken Mashed Potatoes, Cheese</p> <p>Featured Veggies: Mashed Potatoes, Cheese Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Penne Pasta w/ Tomato Cream Sauce</p> <p>Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit O</p>	<p>17</p> <p>Belgium Waffles fruit toppings & whipped cream</p> <p>Featured Veggies: Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p>20</p> <p>Cheesy Pretzel Melt Grilled Cheese on a Pretzel Roll</p> <p>Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>21</p> <p>Taco Tuesday!!!</p> <p>Crunchy Tacos w/ Toppings Bar</p> <p>Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>22</p> <p>Chicken Stips w/ Butter & Garlic over rice</p> <p>Featured Veggies: Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Loaded Fries Waffle Fries w/ Toppings</p> <p>Featured Veggies: French Fries Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>24</p> <p>Kickin Honey Chicken Sandwich</p> <p>Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p>29</p> <p>No School</p>	<p>30</p> <p>Taco Tuesday!!!</p> <p>Walking Tacos</p> <p>Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>31</p> <p>Buffalo Chicken Hoagie</p> <p>Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>1</p> <p>Macaroni & Cheese w/ Dinner Roll</p> <p>Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Chicken Parm Sandwich</p> <p>Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>