Abington Heights School District
Middle 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

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Monday	Tuesday	Wednesday	Thursday	Friday
26	27 Nachos Grande Featured Veggies: Mexicali Corn Fresh Vegetables Choice of Fruit Choice of Milk	28 Pasta Bar Featured Veggies: Breakfast Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	29 Chicken -n- Waffles Featured Veggies: Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	1 *Pierogies w/ Butter & Onions* Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
4 Spicy BBQ Chicken Sandwich Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	5 Taco Tuesday!!! Chicken Fajitas Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	6 Cheesy Beef A Roni Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	7 Sausage & Peppers Hoagie Featured Veggies: Peppers & Onions Fresh Vegetables Choice of Fruit Choice of Milk	8 *Stir Fry* Noodle Bowl Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk
11 Chicken & Broccoli Alfredo Pasta Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	12 Taco Tuesday!!! *Walking taco* Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	13 **Comet Bowl** Popcorn Chicken, Potatoes Shredded Cheddar, Gravy Featured Veggies: Mashed Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	14 Sloppy jo on a Bun Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	15 Grilled Cheese Sandwich Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk
18 Roasted Turkey w/ Mashed Potatoes and gravy Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	19 Mighty Mac & Cheese Burger Featured Veggies: Breakfast Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	20 Breakfast for Lunch French Toast Sticks Sausage Links Featured Veggies: Breakfast Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	21 Buffalo Chicken Nachos Featured Veggies: Fresh Vegetables Choice of Fruit Choice of Milk	22 BOSCO STICKS Cheese Filled Breadstick w/ Dipping Sauce Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
25 Chicken Rice Power Bowl Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	26 Taco Tuesday!!! Build you own Burritto Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	27 Pasta Bar Pasta w/ Alfredo or Marinara Sauce Featured Veggies: Fresh Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	28 Cheeseburger Tater Tot Bowl Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	29 No School