



What is a Meal?

You must choose at least 3 of the 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



**Abington Heights School District
Middle School Lunch Menu
April 2024**



Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 Taco Tuesday!!! Nacho's Grande Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	3 Hot Dog w/ Toppings Bar Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	4 Pasta Alfredo w/ Dinner Roll Featured Veggies: Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	5 BBQ Rib Sandwich Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
8 Burger Bar Beef Burger w/ Choice of Toppings Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	9 Taco Tuesday!!! Soft Shell Tacos Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	10 Comet Bowl Popcorn Chicken Bowl w/ Mashed Potatoes Corn, Cheese, & Gravy Featured Veggies: Mashed Potatoes Choice of Fruit Choice of Milk	11 Pasta w/ Meatsauce Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	12 Pulled Pork Nachos Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
15 Chicken and Waffles Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	16 Taco Tuesday!!! Walking Taco Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	17 Sloppy Joe Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	18 Mac & Cheese w/ Breadstick Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit O	19 Chicken Bites w/ Dipping Sauce Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
22 Cheesy Pretzel Melt Grilled Cheese on a Pretzel Roll Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	23 Taco Tuesday!!! Crunchy Tacos w/ Toppings Bar Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	24 Sweet & Sour Chicken w/ Rice Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	25 Breakfast for Lunch Pancakes w/ Sausage Featured Veggies: Breakfast Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	26 Philly Cheese Steak Steak & Cheese w/ Peppers & Onions & Cheese Sauce Featured Veggies: Peppers & Onions Fresh Vegetables Choice of Fruit Choice of Milk
29 Kickin Honey Chicken Sandwich Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	30 Taco Tuesday!!! Walking Tacos Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	31 Potato & Cheese Pierogies w/ Butter & Onions Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	1 Buffalo Chicken Nachos Featured Veggies: Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	2 Bosco Sticks Cheese Filled Breadsticks w/ Dipping Sauce Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk