ABINGTON HEIGHTS SECONDARY SCHOOL LUNCH MENU

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Orange Chicken over Rice **Steamed Broccoli** **Fresh Fruits & Veggies**	**3** Nachos Grande with Toppings Bar **Golden Corn** **Fresh Fruits & Veggies**	**4** French Toast Sticks with Sausage Links **Tri Patty Taters** **Fresh Fruits & Veggies**	**5** Macaroni & Cheese Bar **Steamed Garden Peas** **Fresh Fruits & Veggies**	**6** Meatball Parm Sub **Mixed Veggies** **Fresh Fruits & Veggies**
Weekly Offering: Chicken Caesar Salad, Italian Wrap				
9 Hot Honey Chicken Club Sliders **Roasted Broccoli** **Fresh Fruits & Veggies**	**10** Pulled Chicken Tacos **Golden Corn** **Fresh Fruits & Veggies**	**11** No School	**12** Comet Bowl **Mashed Potatoes** **Fresh Fruits & Veggies**	**13** Philly Cheesesteak Hoagie **Grilled Onions & Pepper** **Fresh Fruits & Veggies**
Weekly Offering: Garden Salad, Turkey and Cheese Sub				
16 Chicken Tenders with Roll **Oven Fries** **Fresh Fruits & Veggies**	**17** Pasta with Meatballs **Roasted Broccoli** **Fresh Fruits & Veggies**	**18** Burger Bar **Baked Beans** **Fresh Fruits & Veggies**	**19** Thanksgivings Meal **Mashed Potatoes** **Fresh Fruits & Veggies**	**20** Dip and Dust Wings with Garlic Knot **Sweet Potato Fries** **Fresh Fruits & Veggies**
Weekly Offering: Chicken Caesar Salad, Ham & Cheese Wrap				
23 Loaded Fries **Mashed Potatoes** **Fresh Fruits & Veggies**	**24** Chicken & Cheese Quesadilla **Steamed Corn** **Fresh Fruits & Veggies**	**25** Grab and Go Lunch **Steamed Broccoli** **Fresh Fruits & Veggies**	**26** No School 	**27** No School
Weekly Offering: Garden Salad, Italian Sub				
30 No School				

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student	$2.40
Adult	$4.00

Available Daily

CHICKEN PATTY, SPICEY CHICKEN PATTY, BURGERS, HOT DOGS, PIZZA

Fruit & Veggie Selection

FRESH FRUITS
CANNED FRUITS
HOT AND FRESH VEGGIES
Students may choose up to two ½ cup servings of fruits and vegetables.

Milk Selection

FAT FREE CHOCOLATE
1% WHITE MILK

Your Dining Services Team

Marissa Janesko
General Manager
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

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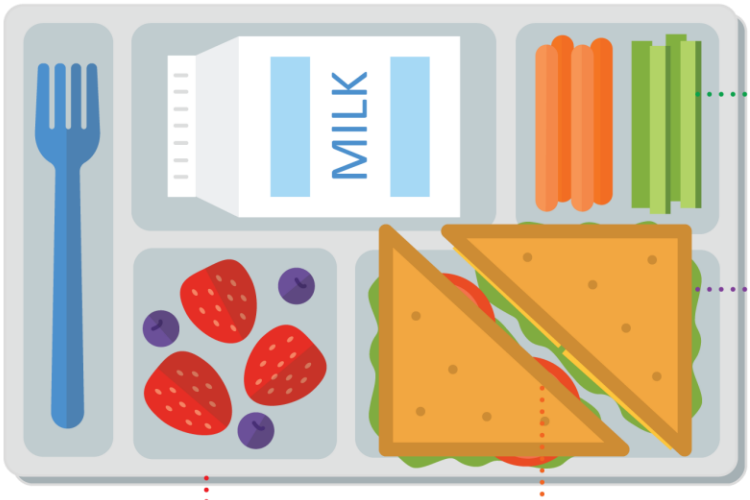

MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of **5** meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or ½ cup serving of vegetables must accompany a school lunch.

schoolcafé

View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.

YOUR DINING SERVICES TEAM
Marissa Janesko, General Manager
Marissa.janesko@metzcorp.com

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