



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

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!

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

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