



Abington Heights School District Newton Ransom Elementary Lunch Menu June 2024



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

Meal Prices
STUDENT PAID LUNCH \$2.25
REDUCED LUNCH \$0.40
Adult Meal \$4.00

Assorted Snacks
Small Snack Items: \$0.55
Large Snacks: \$1.00
8 oz Bottled Water: \$0.55
4 oz Juice: \$0.80
Milk: \$0.75

Wishing everyone a wonderful summer!!!

Monday	Tuesday	Wednesday	Thursday	Friday
27 Grilled Cheese Sandwich Or Turkey & Cheese Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	28 Taco Tuesday!!! Chicken Fajitas OR Turkey & Cheese Craveable Featured Veggies: Corn Fresh Vegetables Choice of Fruit Choice of Milk	29 Potato & Cheese Pierogies OR Turkey & Cheese Craveable Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	30 Sloppy Joe on a Bun OR Turkey & Cheese Craveable Featured Veggies: Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	31 Pizza Friday!!! Cheese Pizza or Turkey & Cheese Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
3 Field Day Cookout!!! Grilled Hot Dog & Burger Corn on the Cob Fresh Sliced Watermelon Bottled Water	4 Pierogies or Pizza Craveable Sides Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	5 popcorn Chicken or Pizza Craveable Sides Tater Tots Choice of Fruit Choice of Milk	6 Last Day of School Early Dismissal Mini Pancakes Sides Fresh Fruits & Veggies Choice of Milk	7 Summer Break Begins
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28