ABINGTON HEIGHTS ELEMENTARY LUNCH MENU

November 2026

EAT SMART BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bacon Cheeseburger Oven Fries Fresh Fruits & Veggies	**3** NATIONAL NACHOS DAY **Cheesy Nachos** Golden Corn Fresh Fruits & Veggies	**4** French TOAST DAY **French Toast Sticks with Sausage Links** Tri-Taters Fresh Fruits & Veggies	**5** Mac & Cheese with Dinner Roll (V) Steamed Garden Peas Fresh Fruits & Veggies	**6** Cheese Pizza Tossed Salad Fresh Fruits & Veggies
Daily Offerings: Soft Pretzel Craveable				
9 Sweet & Sour Chicken with Rice Steamed Broccoli Fresh Fruits & Veggies	**10** Chicken Enchilada Golden Corn Fresh Fruits & Veggies	**11** No School	**12** Comet Bowl Mashed Potatoes Fresh Fruits & Veggies	**13** Cheese Pizza Tossed Salad Fresh Fruits & Veggies
Daily Offerings: Breadstick Dipper Craveable				
16 Chicken Nuggets with Roll Sweet Potato Fries Fresh Fruits & Veggies	**17** Loaded Fries French Fries Fresh Fruits & Veggies	**18** Pasta with Meatballs Steamed Broccoli Fresh Fruits & Veggies	**19** **Thanksgiving Meal** **Roasted Turkey, Mashed Potatoes, Stuffing, Corn, & Cranberry Sauce**	**20** Cheese Pizza Tossed Salad Fresh Fruits & Veggies
Daily Offerings: Bagel & Yogurt Craveable				
23 Chicken Tenders with Buttered Noodles Steamed Green Beans Broccoli Salad	**24** Walking taco Steamed Corn Salsa	**25** Chicken Patty on a Bun Steamed Broccoli Carrot Sticks	**26** Happy Thanksgiving **No School**	**27** No School
Daily Offerings: Nacho Craveable				
30 No School	**1** Meatball Parm Hoagie Steamed Broccoli Fresh Fruits & Veggies	**2** Hot Ham & Cheese on a Pretzel Roll Glazed Carrots Fresh Fruits & Veggies	**3** French Toast Sticks with Sausage Patty Hash Brown Potatoes Fresh Fruits & Veggies	**4** Cheese Pizza Tossed Salad Fresh Fruits & Veggies
Daily Offerings: Pizza Craveable				

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	$2.20
Adult	$4.00

Available Daily
Weekly Craveable

Fruit & Veggie Selection
Fresh Fruits & Veggies
Hot Vegetable
Canned Fruit
Students may choose up to two ½ cup servings of fruits and vegetables.

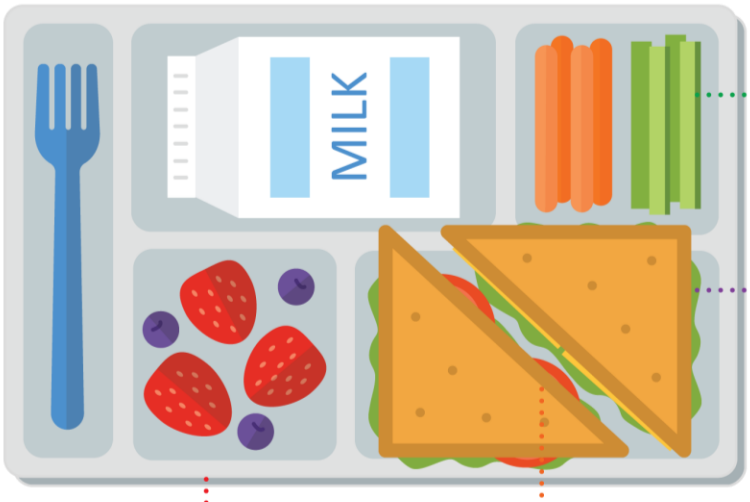
Milk Selection
Low Fat White Milk
Fat Free Chocolate Milk

Your Dining Services Team
Marissa Janesko
General Manager
marissa.janesko@metzcorp.com

Weekly Craveable
Week 1: Soft Pretzel
Week 2: Breadstick Dipper
Week 3: Bagel & Yogurt
Week 4: Nacho Craveable
Week 5: Pizza

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

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES



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!

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

LUNCH PRICES

Student Lunch:	$2.25
Adult Lunch:	$4.00

schoolcafé

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

Meet Your nutritious friends

Try quinoa on the menu this month!

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

Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES