



Abington Heights School District Elementary Lunch Menu November 2023



Monday 10/30/23	Tuesday 10/31/23	Wednesday 11/1/23	Thursday 11/2/23	Friday 11/3/23
Grilled Cheese Sandwich or Pretzel Craveable	Taco Tuesday!!! Nachos or Pretzel Craveable	Hot Ham & Cheese on a Pretzel Roll or Pretzel Craveable	Comet Bowl popcorn chix, cheddar, mashed potatoes, corn or Pretzel Craveable	Pizza Friday Cheese Pizza or Pretzel Craveable
Tomato Soup Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Baked Beans Choice of Fruit Choice of Milk	Steamed Broccoli Choice of Fruit Choice of Milk	Carrot Coins Choice of Fruit Choice of Milk
11/6/23	11/7/23	11/8/23	11/9/23	11/10/23
Chicken Alfredo Pasta or Bagel + Yogurt Craveable	Taco Tuesday!!! Soft Shell Tacos or Bagel + Yogurt Craveable	Pulled pork sandwich or Bagel + Yogurt Craveable	Cheeseburger on a bun or Bagel + Yogurt Craveable	No School
Steamed Broccoli Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Steamed Peas Choice of Fruit Choice of Milk	
11/13/23	11/14/23	11/15/23	11/16/23	11/17/23
Corn Dog Nuggets w/ Dinner Roll or Taco Craveable	Taco Tuesday!!! Soft Shell Tacos or Taco Craveable	Holiday Meal Turkey, Potatoes Stuffing, + Gravy or Taco Craveable	Chicken Patty on a Bun or Taco Craveable	Pizza Friday Cheese Pizza or Taco Craveable
Steamed Peas Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	French Fries Choice of Fruit Choice of Milk	Mixed Veggies Choice of Fruit Choice of Milk
11/20/23	11/21/23	11/22/23	11/23/23	11/24/23
Hot Dog on a Bun or Super Fruit Craveable	Taco Tuesday!!! Walking Taco or Super Fruit Craveable	Chicken Nuggets w/ goldfish crackers or Super Fruit Craveable	No School	No School
Baked Beans Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Seasoned Broccoli Choice of Fruit Choice of Milk		
11/27/23	11/28/23	11/29/23	11/30/23	12/1/23
No School	No School	Pasta w/ meatsauce or Pizza Craveable	Breakfast for Lunch!! Mini Pancakes Sausage Patty or Pizza Craveable	Pizza Friday Cheese Pizza or Pizza Craveable
		Steamed Broccoli Choice of Fruit Choice of Milk	Tater Tots Choice of Fruit Choice of Milk	Steamed Carrots Choice of Fruit Choice of Milk

USDA National School Lunch Requirements

Students are encouraged to take all 5 of the different components offered; however, it is required they take at least 3 different components. One of those components must be a fruit and/or vegetable



Meal Prices

STUDENT PAID LUNCH	\$2.25
REDUCED LUNCH	\$0.40
Adult Meal	\$4.00
Assorted Snacks Available Daily:	
Snack Items:	\$0.55
8 oz Bottled Water:	\$0.55
16 oz Bottled Water:	\$1.00
4 oz Juice:	\$0.80
Milk:	\$0.75



Week 1:	Pretzel Dipper
Week 2:	Bagel + Yogurt
Week 3:	Taco
Week 4:	Super Fruit
Week 5:	Pizza

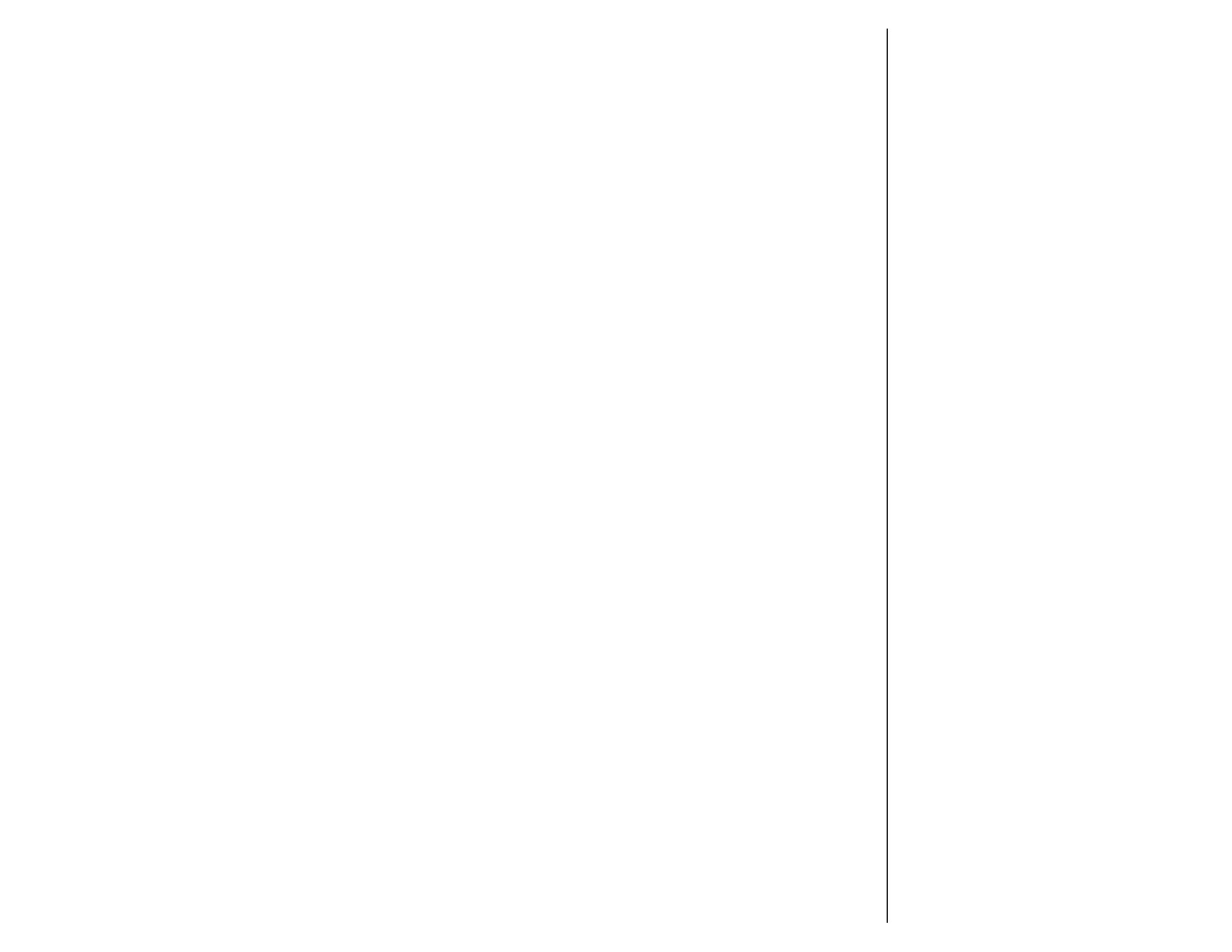
Menu items are subject to change based on product availability.

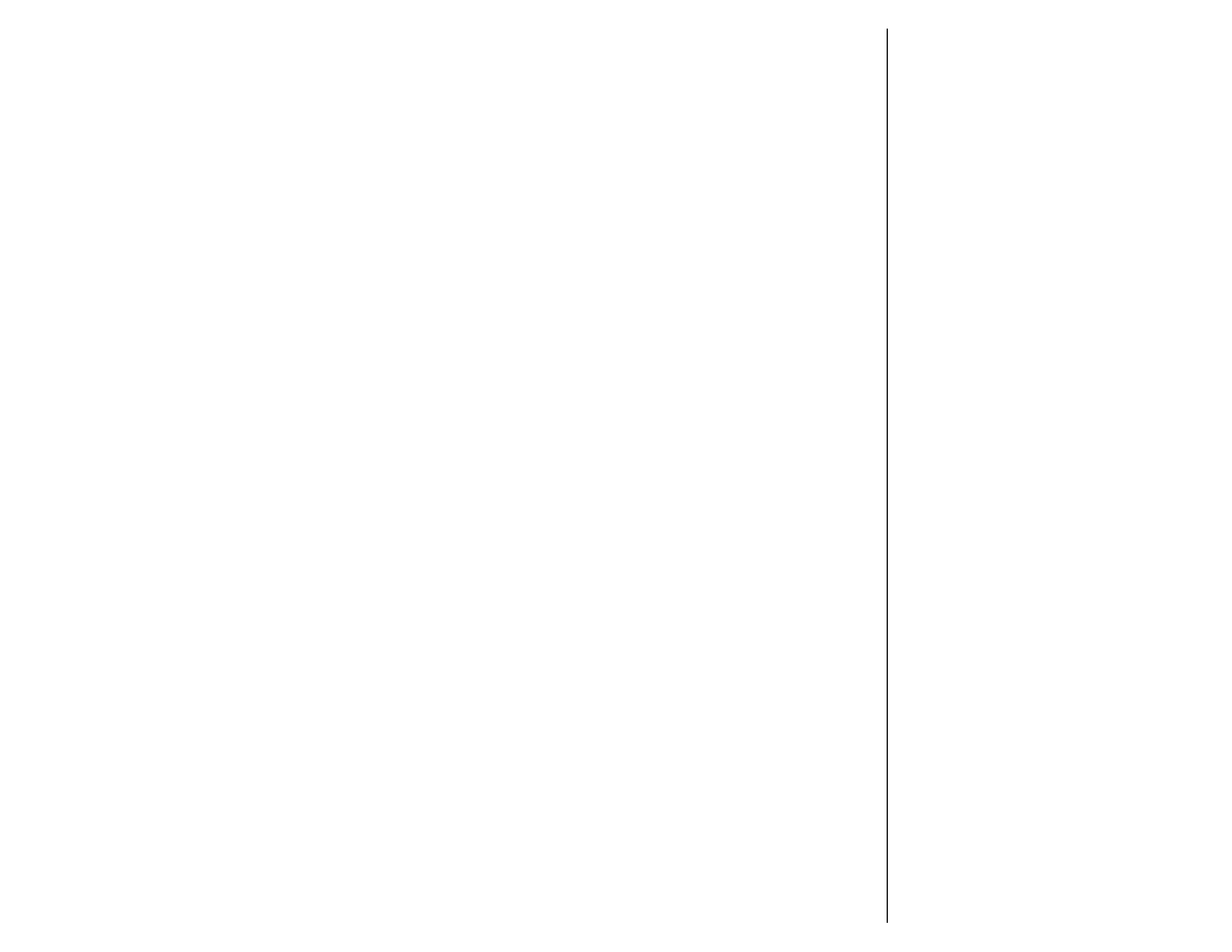


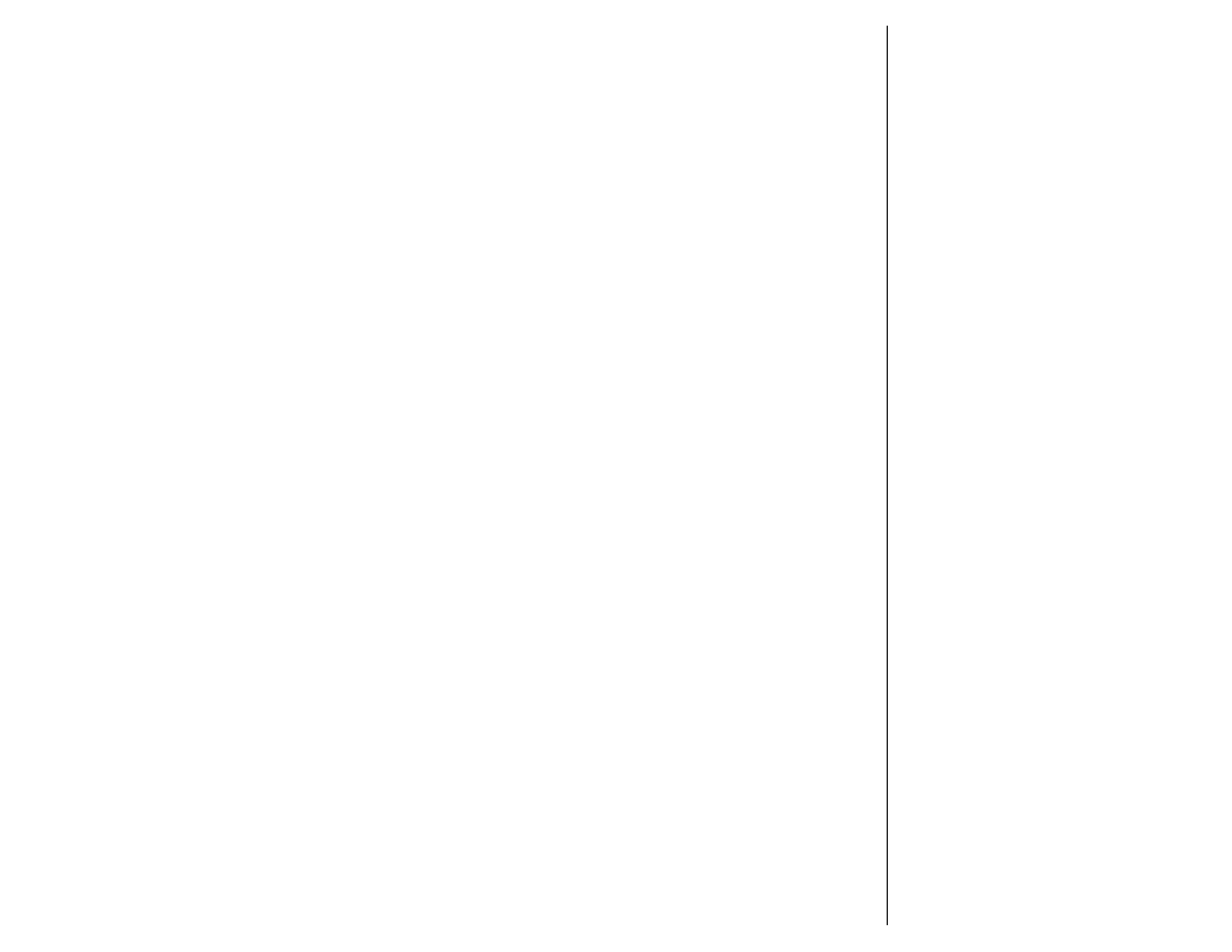
go to www.schoolcafe.com for: online account payments, transactions details, menus & free and reduced applications (can be submitted any time during the school year)

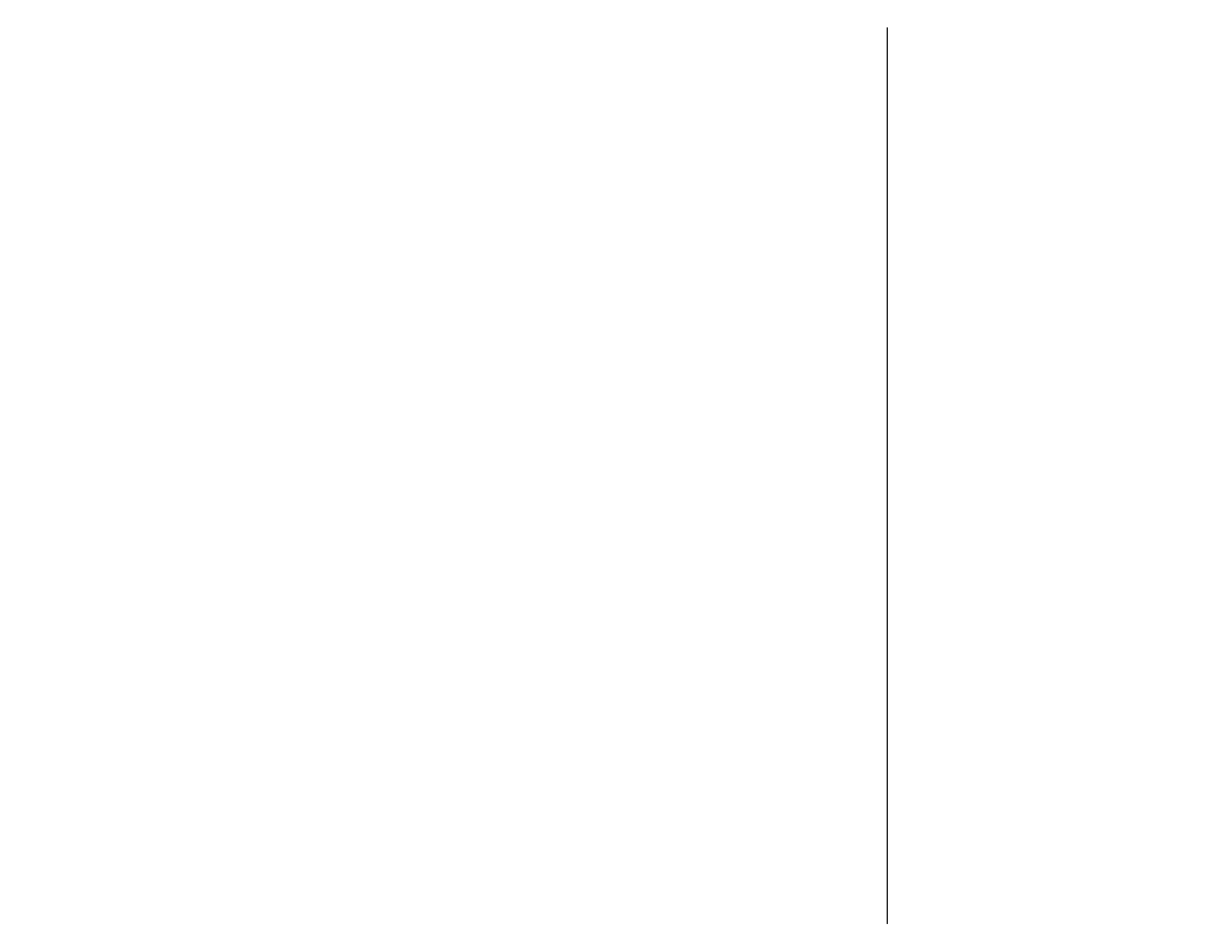


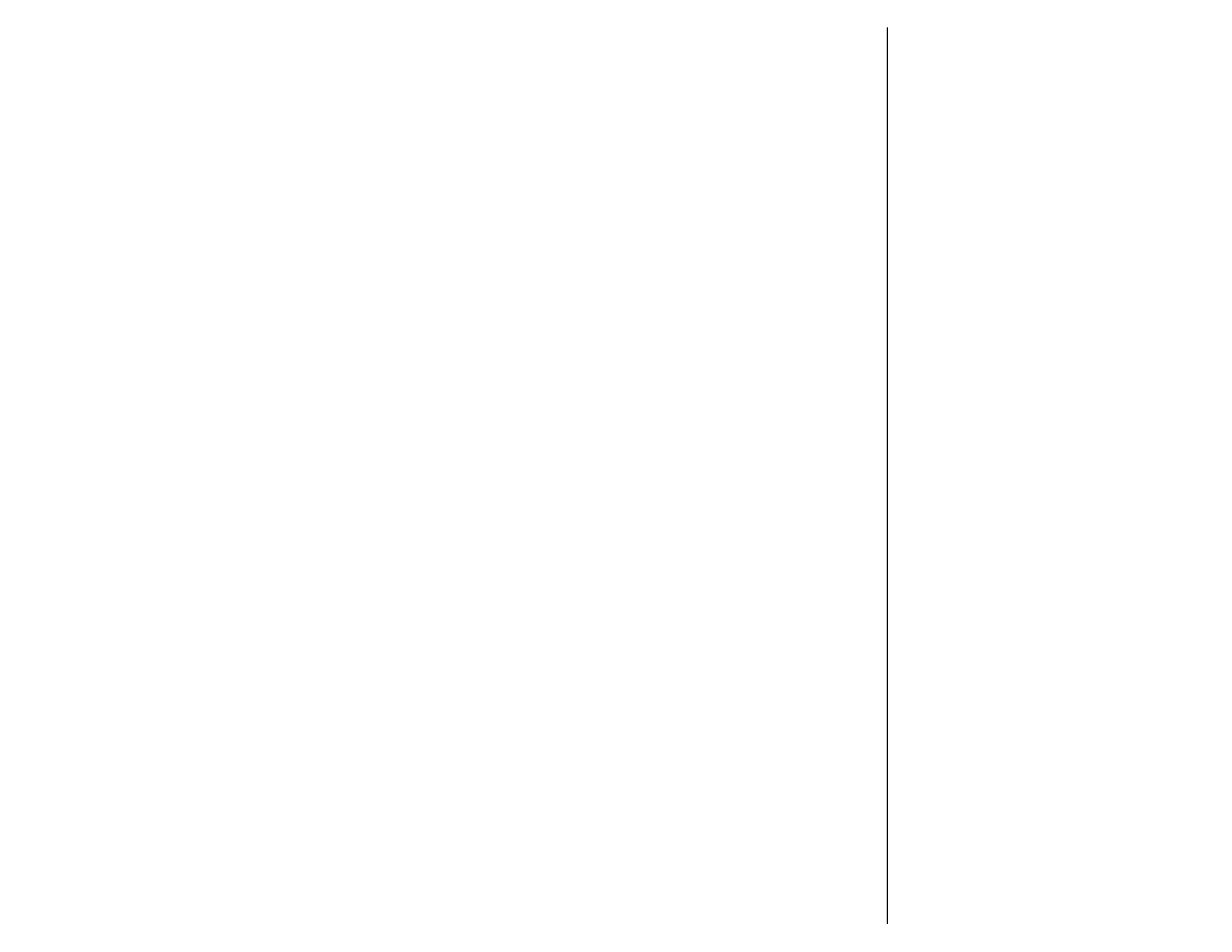


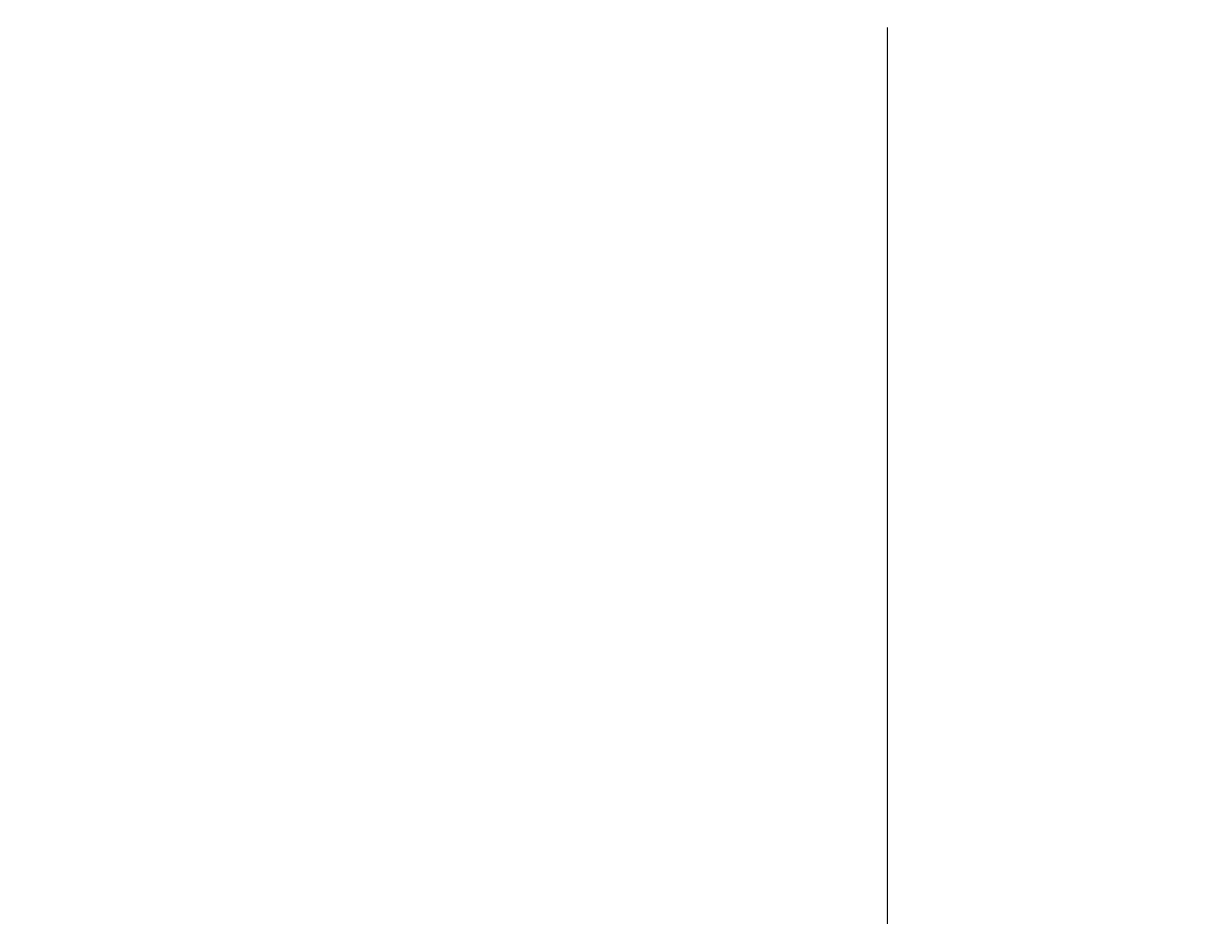


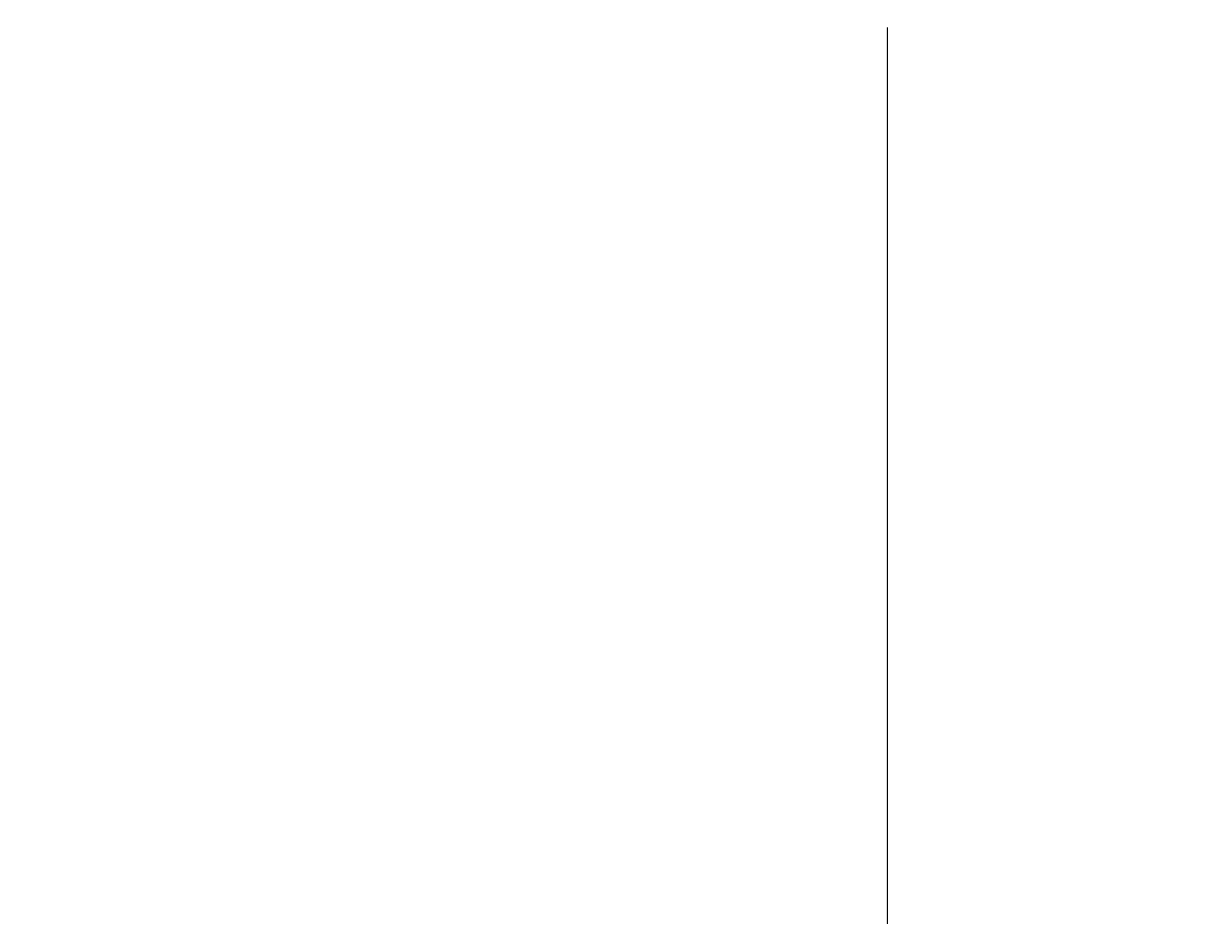


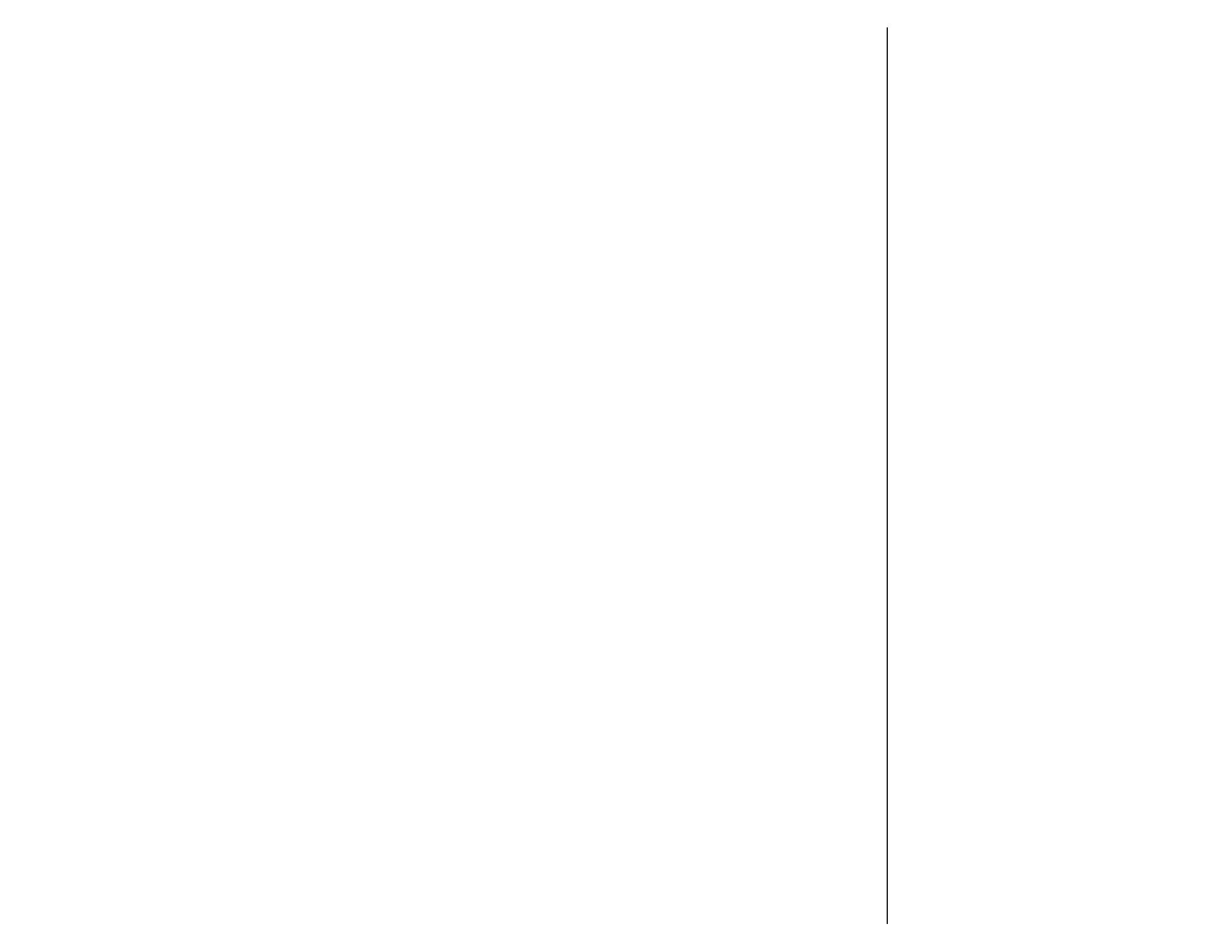


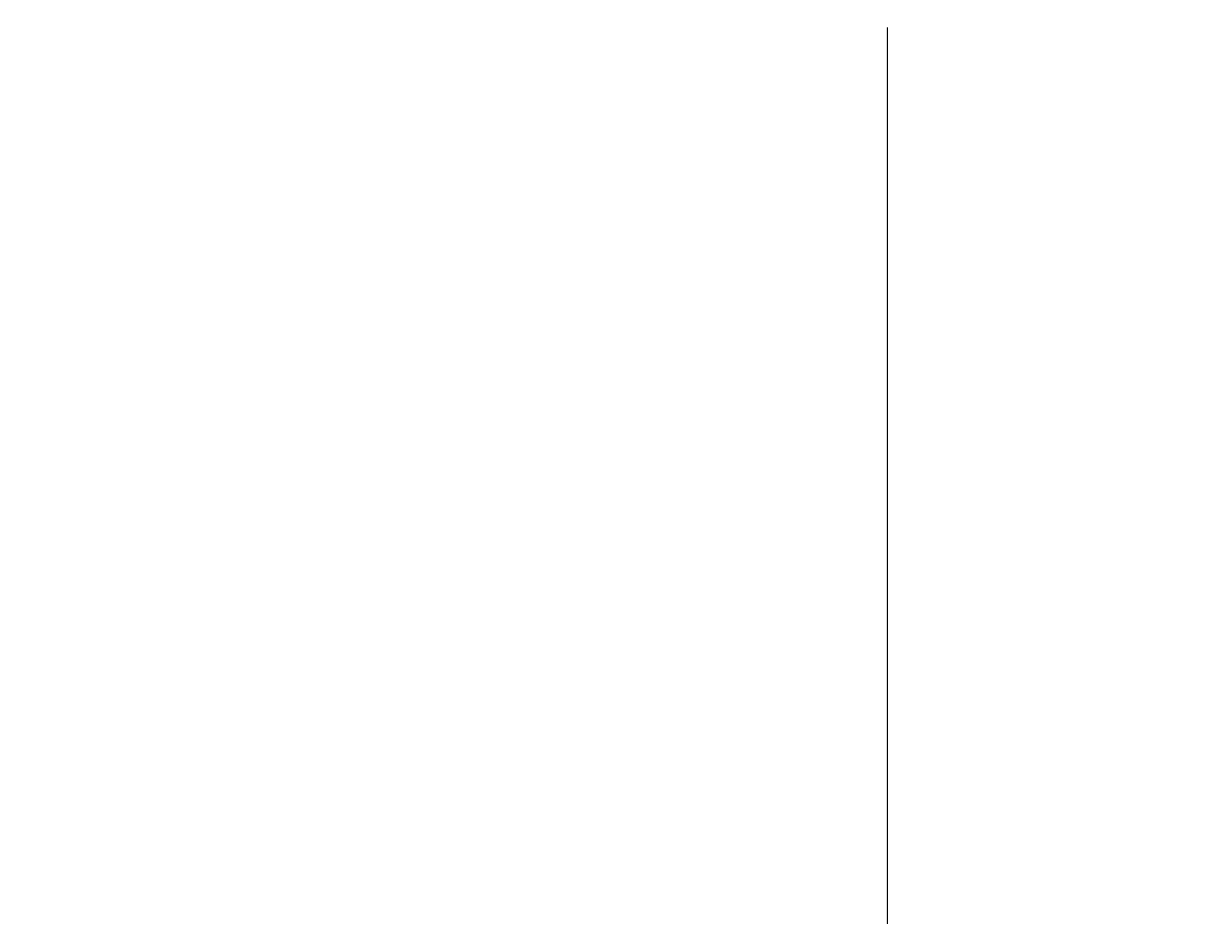


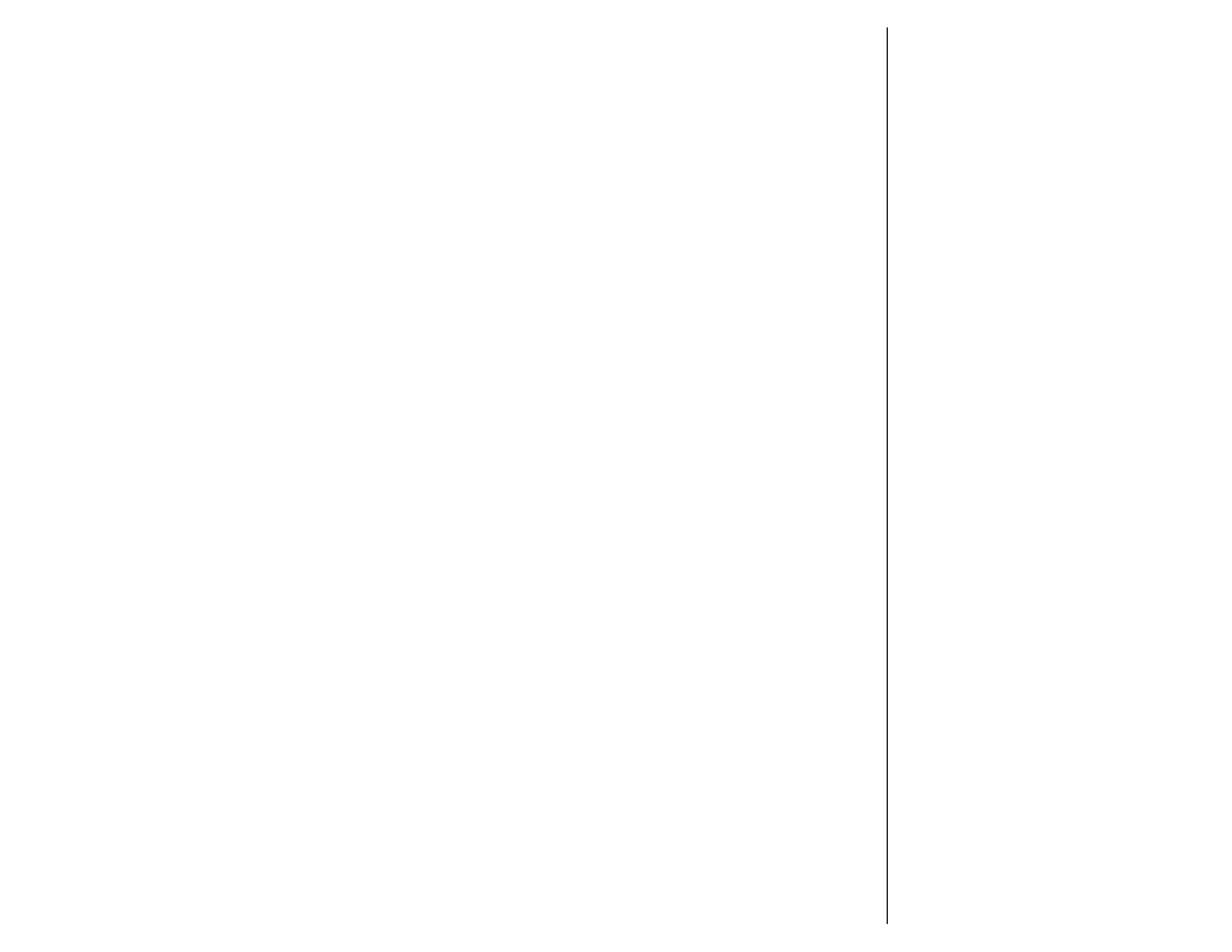


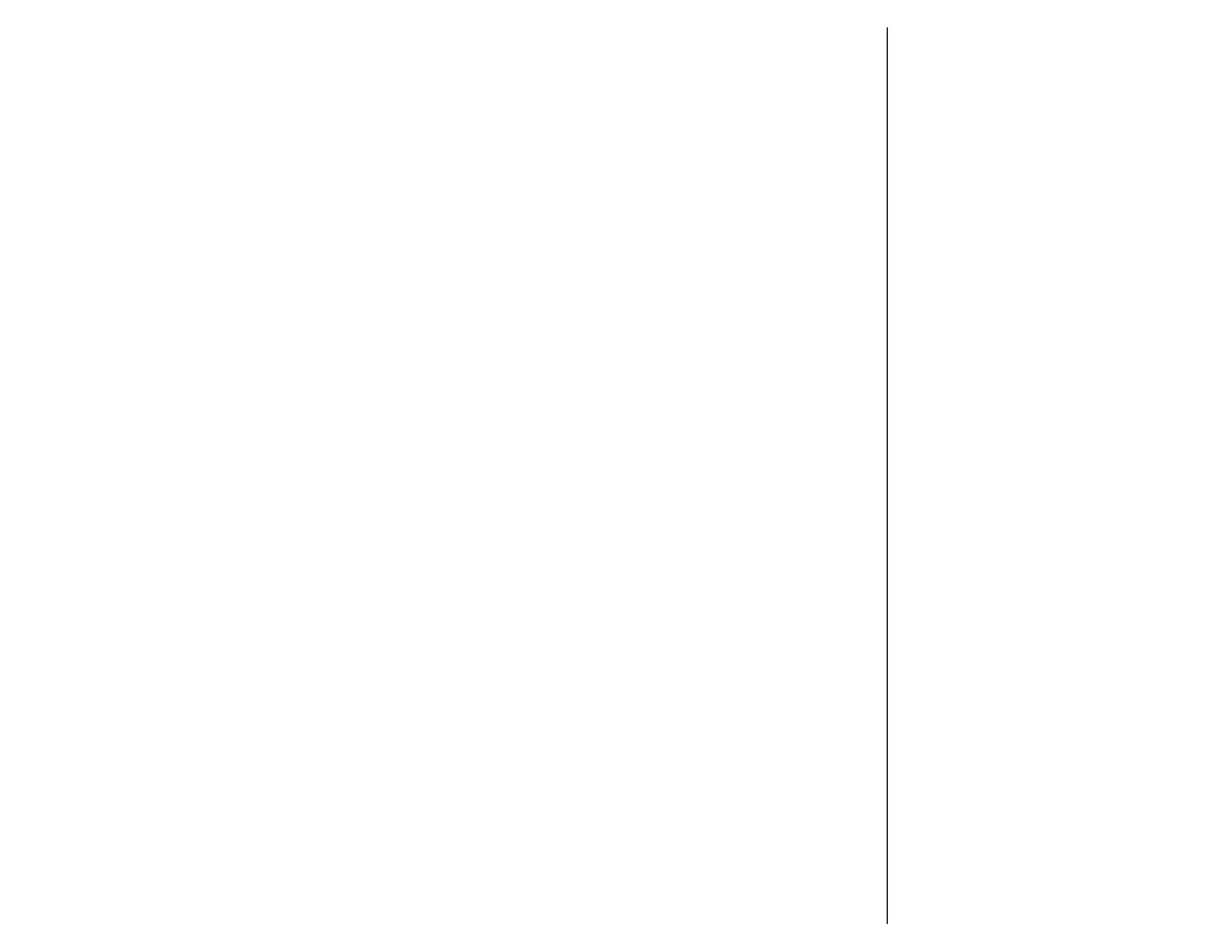


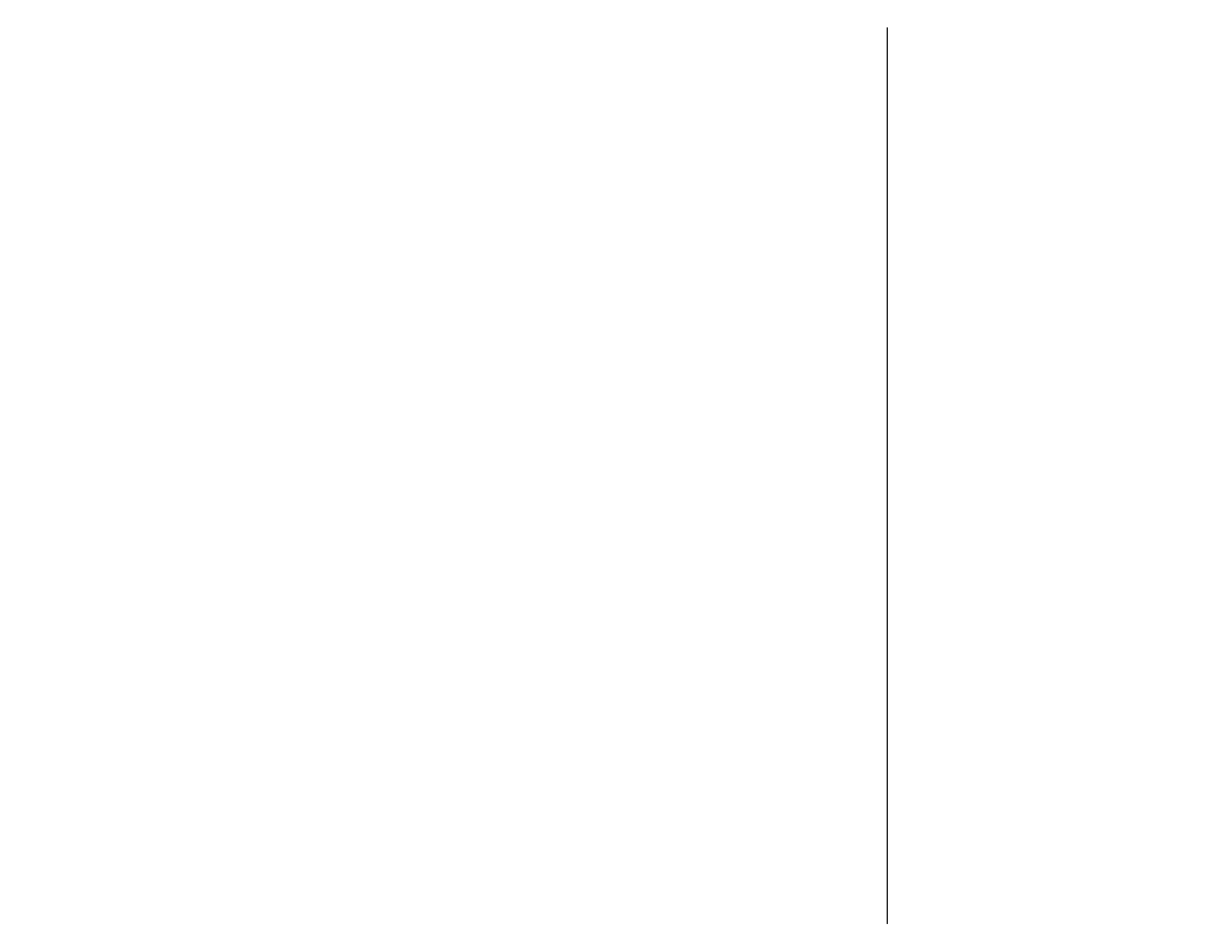












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