



Abington Heights School District Middle/High School Lunch Menu November 2023



HAPPY
Thanksgiving

Monday 10/30/23	Tuesday 10/31/23	Wednesday 11/1/23	Thursday 11/2/23	Friday 11/3/23
Asian Noodle Bowl	Taco Tuesday!!! Spooky Scarey Nachoes Grande	Grilled Cheese on a Pretzel Roll	Comet Bowl	Buffalo Chicken Dip w/Tortilla Chips
Asian Veggies Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	mashed potatoes Choice of Fruit Choice of Milk	Steamed Broccoli Choice of Fruit Choice of Milk
11/6/23	11/7/23	11/8/23	11/9/23	11/10/23
Grilled Chicken Sandwich	Taco Tuesday!! Soft Shell Tacos w/ toppings bar	Chicken Alfredo Pasta	Burger Bar cheeseburger on a bun w/ Toppings	No School
Steamed Broccoli Choice of fruit Choice of Milk	Seasoned Corn Choice of Fruit Choice of Milk	Steamed Broccoli Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	
11/13/23	11/14/23	11/15/23	11/16/23	11/17/23
Hot HoNey Baked Chicken	Taco Tuesday!!! Chicken Fajita Rice Bowl	Roasted Turkey Roasted Turkey, Mashed Potatoes, Stuffing, + Gravy	BBQ Pulled Pork Sandwich	Hot Dog on a Bun w/ toppings
Baked Beans Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Mixed Veggie Choice of Fruit Choice of Milk	Baked Beans Choice of Fruit Choice of Milk
11/20/23	11/21/23	11/22/23	11/23/23	11/24/23
Hot Wing Hoagie	Taco Tuesday!!! Walking Taco taco	Early Dismissal Grab-n-Go Lunches	No School	No School
Diced Chicken Tossed w/ Wing Sauce				
Green Beans Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Steamed Peas Choice of Fruit Choice of Milk		
11/27/23	11/28/23	11/29/23	11/30/23	12/1/23
No School	Taco Tuesday!!! Chicken Burrito (High School Only)	Breakfast for Lunch!!! Pancakes Sausage Patty	JaCKEd Up Fries Choice of topping	Chicken Tenders w/ roll
	Corn Choice of Fruit Choice of Milk	Hash Brown Potatoes Choice of Fruit Choice of Milk	Carrots Choice of Fruit Choice of Milk	Steamed Broccoli Choice of Fruit Choice of Milk

Alternative Lunch Entree Items

Chicken Patty, Spicy Chicken Patty, Cheese Pizza, Pepperoni Pizza, Fresh Salads, Wraps, and Sandwiches.

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 a vegetable

Step 1: Choose 1/2 cup of fruit and/or vegetable

Step 2: Choose at least 2 other components and up to 3:



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