



# Abington Heights School District South Abington 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



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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
27 <b>Grilled Cheese Sandwich</b> Or <b>Turkey &amp; Cheese</b> <b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	28 <b>Taco Tuesday!!!</b> <b>Chicken Fajitas</b> OR <b>Turkey &amp; Cheese</b> <b>Craveable</b> <b>Featured Veggies:</b> Corn Fresh Vegetables Choice of Fruit Choice of Milk	29 <b>Potato &amp; Cheese</b> <b>Pierogies</b> OR <b>Turkey &amp; Cheese</b> <b>Craveable</b> <b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	30 <b>Sloppy Joe</b> <b>on a Bun</b> OR <b>Turkey &amp; Cheese</b> <b>Craveable</b> <b>Featured Veggies:</b> Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	31 <b>Pizza Friday!!!</b> <b>Cheese Pizza</b> or <b>Turkey &amp; Cheese</b> <b>Featured Veggies:</b> Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
3 <b>Chicken Patty</b> <b>on a Bun</b> <b>Featured Veggies:</b> Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk	4 <b>Cheese Pizza</b> <b>Featured Veggies:</b> Fresh Vegetables Choice of Fruit Choice of Milk	5 <b>Spaghetti w/ Marinara</b> <b>Dinner Roll</b> <b>Featured Veggies:</b> Fresh Veggies Choice of Fruit Choice of Milk	6 <b>Last Day of School</b> <b>Early Dismissal</b> <b>Chicken Tacos</b> <b>Featured Veggies:</b> Fresh Fruits & Veggies Choice of Milk	7  <b>Summer Break Begins</b>
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28