ABINGTON HEIGHTS ELEMENTARY LUNCH MENU

September 2026

EAT SMART
BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
WELCOME BACK TO SCHOOL!! WE ARE READY FOR A GREAT SCHOOL YEAR!!				
7 No School Labor Day Holiday	8 Beef Soft Tacos Golden Corn Fresh Fruits & Veggies	9 Chicken Patty on a Bun Steamed Carrots Fresh Fruits & Veggies	10 Italian Toaster Sandwich Curly Fries Fresh Fruits & Veggies	11 Cheese Pizza Steamed Green Beans Fresh Fruits & Veggies
Daily Offerings: *Bagel Craveable* (Plain Bagel, Danimals Yogurt, String Cheese, and Fruit)				
14 Breaded Chicken Tenders with Mini Waffles Crinkle Cut Fries Fresh Fruits & Veggies	15 Walking Taco with Pretzel Stick Golden Corn Fresh Fruits & Veggies	16 Chicken Alfredo over Penne with Breadstick Steamed Broccoli Fresh Fruits & Veggies	17 Toasted Cheese Sandwich Tomato Soup Fresh Fruits & Veggies	18 Cheese Pizza Steamed Green Beans Fresh Fruits & Veggies
Daily Offerings: *Pizza Craveable*				
21 Orange Chicken with Lo-Mein Noodles Glazed Carrots Fresh Fruits & Veggies	22 Nachos Grande Golden Corn Fresh Fruits & Veggies	23 French Toast Sticks with Sausage Links Tri-Taters Fresh Fruits & Veggies	24 Mac & Cheese with Dinner Roll (V) Steamed Garden Peas Fresh Fruits & Veggies	25 Stuffed Crust Pizza Mixed Vegetables Fresh Fruits & Veggies
Daily Offerings: *Soft Pretzel Craveable*				
28 General Tso's Chicken with Rice Steamed Broccoli Fresh Fruits & Veggies	29 Beef Enchilada Golden Corn Fresh Fruits & Veggies	30 Ham, Egg & Cheese on Maple Waffle Flatbread Hash Brown Potato Fresh Fruits & Veggies	1 COMET Bowl Mashed Potatoes Fresh Fruits & Veggies	2 Cheese Pizza Steamed Green Beans Fresh Fruits & Veggies
Daily Offerings: *Breadstick Dipper 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	$2.25
Adult	$4.00

Available Daily

Hot Entrée Item
Weekly Craveable

Fruit & Veggie Selection

Daily hot vegetable, selection of fresh fruits & veggies, canned fruit choice, 100% fruit juice
Students may choose two ½ cup servings.

Milk Selection

Low Fat White Milk
Fat Free Chocolate Milk

Your Dining Services Team

Marissa Janesko
General Manager
(570) 585-5300 ext. 5309
Marissa.janesko@metzcorp.com

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

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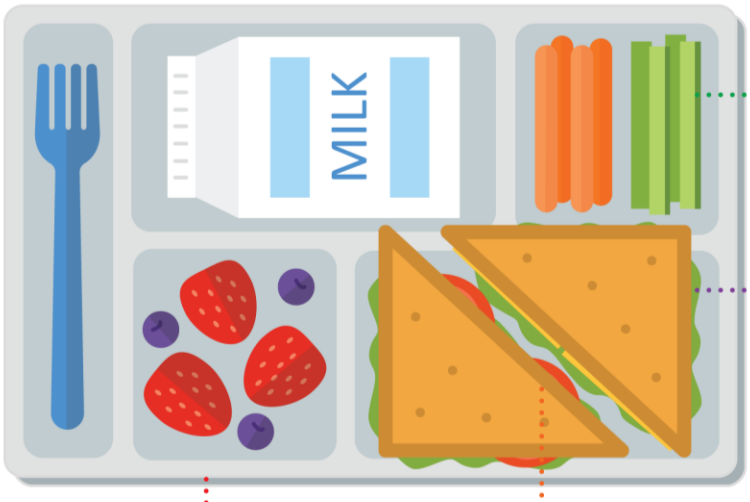
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES



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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LUNCH PRICES

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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

Peach Puppies

YOUR DINING SERVICES TEAM
Marissa Janesko, General Manager
(570)585-5903 | marissa.janesko@metzcorp.com

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