

**Abington Heights School District**  
Middle School Lunch Menu

**September 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2	3	4	5	6	
		Pulled Pork Nachos  <b>FEATURED VEGGIES</b> BBQ Baked Beans Fresh Fruits & Veggies	Burger Bar  <b>FEATURED VEGGIES</b> Seasoned Green Beans Fresh Fruits & Veggies	Jacked up Fries  <b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Fruits & Veggies	
 <b>Fresh Made Grab –n – Go Sandwiches, Salads, &amp; Wraps Made Daily</b>					
9	10	11	12	13	<b>What is a Meal?</b> Students must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry
Pasta Bar w/ Garlic Bread  <b>FEATURED VEGGIES</b> Steamed Mixed Veggies Fresh Fruits & Veggies	TACO TUESDAY Hard Shell Beef Tacos w/ Toppings Bar  <b>FEATURED VEGGIES</b> Steamed Cron Fresh Fruits & Veggies	BREAKFAST FOR LUNCH French Toast Sticks  <b>FEATURED VEGGIES</b> Breakfast Potatoes Fresh Fruits & Veggies	Chicken Tenders w/ Soft Pretzel Stick  <b>FEATURED VEGGIES</b> Seasoned Green Beans Fresh Fruits & Veggies	Steak and Cheese  Wrap  <b>FEATURED VEGGIES</b> Fresh Zucchini Fresh Fruits & Veggies	
 <b>Cheese, Pepperoni, and Specialty Pizzas Made Daily!</b>					
16	17	18	19	20	
Buffalo Chicken Dip with Tortilla Chips  <b>FEATURED VEGGIES</b> Mixed Vegetables Fresh Fruits & Veggies	TACO TUESDAY Soft Shell Beef Tacos w/ Toppings Bar  <b>FEATURED VEGGIES</b> Steamed Golden Corn Fresh Fruits & Veggies	Macaroni and Cheese w/ Dinner Roll  <b>FEATURED VEGGIES</b> Stewed Tomatoes Fresh Fruits & Veggies	Rib-B-Que Sandwich  <b>FEATURED VEGGIES</b> Steamed Garden Peas Fresh Fruits & Veggies	General Tso's Chicken w/ Rice  <b>FEATURED VEGGIES</b> Stir Fry Veggies Fresh Fruits & Veggies	
 <b>Chicken Patty, Spicy Chicken Patty, &amp; Hamburger/Cheeseburger Offered Daily</b>					
23	24	25	26	27	
Meatball Parm Sub  <b>FEATURED VEGGIES</b> Zucchini Fresh Fruits & Veggies	TACO TUESDAY Walking Taco  <b>FEATURED VEGGIES</b> Golden Corn Fresh Fruits & Veggies	Grilled Cheese Sandwich  <b>FEATURED VEGGIES</b> Tomato Soup Fresh Fruits & Veggies	Chicken & Broccoli Alfredo over Pasta  <b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Fruits & Veggies	Bosco Sticks  <b>FEATURED VEGGIES</b> Steamed Green Beans Fresh Fruits & Veggies	
 <b>Fruit and Yogurt Parfaits, Hummus &amp; Veggies, PB&amp;J</b>					
30					
Chili Cheese Hot Dog  <b>FEATURED VEGGIES</b> Steamed Carrots Fresh Fruits & Veggies					
<b>Your Team</b> Marissa Janesko, General Manager 570.585.5309 <a href="mailto:ma1113@metzcorp.com">ma1113@metzcorp.com</a>			<b>Meal Prices</b> Student \$2.40 Free/ Reduced \$0.00 Faculty Lunch \$4.00		

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

