

ABINGTON HEIGHTS FOOD SERVICE DEPARTMENT
Middle School Cafeteria
Complete School Lunches - \$1.85
Complete School Breakfast - \$1.40

Lunch consists of 5 components: (students need to select at least three, but may choose four or all five components of the school lunch)

1. Milk component (1, 8-ounce container, any flavor)
2. Bread component (sandwich bun, bread, pizza crust, noodles, pasta, rice, bagels, Bavarian pretzels, hard pretzels, nacho rounds, tortilla shells and crackers)*** **All fresh bread purchases are whole wheat and multi-grain, students choose.**
3. Meat component (otherwise know as protein, such as in any type of meat, fish, poultry, cheese, eggs, yogurt, peanut butter, pure cheddar cheese sauce, sunflower seeds, pumpkin seeds and beans).
4. Fruit component (all fresh, dried and canned fruits, also 100% pure fruit juices).
5. Vegetable component (all raw and cooked vegetables, 100% pure vegetable juices and marinara sauces)

The following are daily choices of student lunches for \$1.85: (All served with 8 ounces of milk)

- A. **Mexican Line** – fajitas, tacos, taco salad served with shredded lettuce, tomatoes, salsa and fruit.
- B. **The Deli Den** – A fresh sandwich made to order, (choose 1 – Soup (every day), oven-baked French Fries (offered 3 times per week or Fresh Vegetable (offered daily) and a piece of fruit.
- C. **The McComet Express** – build your own lunch with a cheeseburger, hamburger, turkey burger or chicken patty. (Choose 1 - soup or oven-baked French fries (offered 3 times per week) or a fresh vegetable), sandwich toppings and a fruit selection.
- D. **The Salad Bar Lunch** – Make your own large salad, includes protein items such as shredded cheeses, tuna fish, chick peas, yogurt, whole wheat croutons for bread and always fresh fruit.
- E. **The bagel lunch** – choose from a plain or 7 grain bagel, 4 ounces of yogurt + 1 package of sunflower seeds or 1 package of pumpkin seeds or 8 ounces of yogurt, a

vegetable (fresh, French fries (offered 3 x per week) or a vegetable soup) plus a fresh fruit.

F. **The baked nacho/ whole wheat pretzel stick lunch** – served with real cheddar cheese (reduced fat) for protein, plus your choice of: 4 ounces of yogurt or 1 pkg of sunflower seeds or 1 pkg of pumpkin seeds, plus a vegetable or (French fries offered 3 times per week or a vegetable soup) and a piece of fruit.

G. **The rotating menu** – varies daily, printed in the newspaper and available in the teams. The vegetarian lunch – A warm Bavarian pretzel or 4 ounce water bagel, served with sunflower seeds, pure cheddar cheese sauce, yogurt or string cheese (select any 2), (Choose 1)French fried potatoes(oven baked) or soup or a vegetable) , and a serving of fruit.

H. **The Pizza Lunch** –Usually served on **MONDAYS AND THURSDAYS**- Pizza, “**make your own salad**” and a piece of fruit.

I. **Bosco Breadsticks/marinara sauce (these are reduced fat and high fiber)** – includes “**make your own salad**” and a piece of fruit. . Also available two days per week usually on **TUESDAYS AND FRIDAYS**.

J. **Hoagie Lunch** – includes “**make your own salad**” and a piece of fruit. Available one day per week usually on **WEDNESDAYS**.

K. **PREMIUM PIZZA LUNCH** – **AVAILABLE ON TUESDAYS AND WEDNESDAYS. (COMES WITH A “MAKE YOUR OWN SALAD”, FRESH FRUIT AND MILK COST IS \$2.05.**

Ala Carte Sales: (All items are in compliance with the Nutrition Standards for Competitive Foods in Pennsylvania Schools)

A. **Bagged snack items** – range in price from 40 cents to \$1.00.

B. **Beverages**- water, 100% pure fruit juice (regular and carbonated), flavored waters, etc., range in price from .75 to \$2.00

Charging Policy

All students are able to charge the equivalent of 3 lunches (year 2008/2009) that amounts to \$5.55) before being asked to call home for other lunch arrangements. Student balances are clearly visible on the terminal screens after each purchase.

****Low balance slips are distributed every two weeks****

Contacts

Mrs. Pesota, Food Service Director 585-5309

ALSO:

ANY STUDENT THAT QUALIFIES FOR FREE OR REDUCED PRICE MEALS MAY PURCHASE ANY \$1.85 LUNCH OR THE PREMIUM LUNCH FOR \$.40 OR NO CHARGE AT ALL.

IF A STUDENT DOES NOT PURCHASE A COMPLETE LUNCH, THEY MUST BE CHARGED AN A LA CARTE PRICE, IN ACCORDANCE WITH FEDERAL AND STATE REIMBURSEMENT GUIDELINES.