LUNCH

NOVEMBER 2026

ABINGTON MIDDLE & HIGH SCHOOLS

PLEASE NOTE: *Carbohydrate counts are based on information obtained from manufacturers and your food provider's recipes and may vary due to product substitutions and/or recipe variations. The information serves only as a general guideline and should not be solely relied upon for those with a medical condition.*

"This institution is an equal opportunity provider. "

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Bacon * Cheeseburger** 28.5g served with Fresh School Made Cole Slaw 7.5g	**3** **NO SCHOOL** *TEACHER IN SERVICE* 	**4** **Orange Chicken** 40g Breaded Chicken tossed in Zesty Orange Sauce served with Rice 20g & Broccoli 5g *SAUCE CONTAINS SESAME* *(Sesame Free Sauce Available*	**5** **Grilled Cheese Sandwich** 31g served with Waffle Fries 20g	**6** AMS Conferences ***AMS ONLY EARLY RELEASE*** **Chik'N Waffles** Crispy Chicken Tenders16g served with Waffles 24g & Syrup 30g Sweet Potato Fries 19g
9 **Pasta with Tiny Meatballs Marinara** 51g served with a warm Garlic Knot Roll 18g *Roll mfg. in a facility where sesame is present.*	**10** **Soft Chicken Tacos** 40g Twin Tacos with Seasoned Chicken, Cheese, Lettuce 1g, Salsa16g & Sour Cream 2g Fiesta Corn & Black Beans 8.5g	**11** **NO SCHOOL** 	**12** **Popcorn Chicken Bowl** 54g Creamy Mashed Potatoes & Gravy Golden Corn	**13** **Meatball Sub Marinara** 43g served with Garlic Roasted Green Beans 6g
16 **Double Cheeseburger** 29g served with BBQ Baked Beans 19g Fresh School Made Cole Slaw 7.5g	**17** **Chicken Teriyaki Stir-Fry** 92g Tender Strips of Chicken Teriyaki served over Grilled Vegetable Rice Pilaf *CONTAINS SESAME*	**18** ***Wave Week Wednesday*** **Chicken Tender Boat** 16g Chicken Tenders served with Mac & Cheese 20g and Green Bean Fries 12g	**19** **Chicken Alfredo** 62g Tender Strips of Chicken, with Broccoli & Pasta tossed in Creamy Alfredo Sauce	**20** **Chicken Parm Sandwich** 39g served with Fresh Roasted California Blend Vegetables 6g
23 **Pasta with Meat Sauce** 51g served with a warm Garlic Knot Roll 18g *Roll mfg. in a facility where sesame is present.*	**24** **Hot Dog in a Bun*** 39g served with Ranchero Beans 20g & Roasted Potato Wedges 20g	**25** **Early Release** **BREAKFAST SERVED**  For lunch distribution details	**26** **Happy Thanksgiving** 	**27** **NO SCHOOL** **Thanksgiving Recess**
30 **Bacon * Cheeseburger** 28.5g served with Fresh School Made Cole Slaw 7.5g				

Menu subject to change based on unforeseen product shortages and delivery delays.

Breakfast & Lunch Free to all students

ALTERNATE CHOICES

Pizza Feature average 34g Spicy Chicken 39g Crispy Chicken 45g Hamburger 27g Cheeseburger 29g *Rib-B-Q 36g Turkey Sandwich 14g chips 9g Chicken Caesar Salad 14g

Garden Salad 10g with Cheese 2g Pita 18g Fruit, Yogurt & Granola Parfait, or Smoothie 64g

LACTAID & SOY MILK AVAILABLE

HOT VEGETABLE du jour and FRUIT & VEGGIE BAR AVAILABLE DAILY WITH ALL LUNCHES

*CONTAINS PORK