

Jenkintown School District MS/HS Lunch Menu

January 2026



Meet Your Nutritious Friend:
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?								
29	30	31	1	2	<p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none">- Choice of Whole Grain- Choice of Protein- Choice of Vegetable- Choice of Fruit- Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable</p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free chocolate, fat-free strawberry</p>								
5	6	7	8	9									
<p>General Tso Chicken</p> <p>FEATURED VEGGIES Steamed Corn</p>	<p>Chicken & Cheese Quesadilla</p> <p>FEATURED VEGGIES Street Corn Salad Salsa</p>	<p>Turkey & Cheese Melt on a Croissant</p> <p>FEATURED VEGGIES Steamed Broccoli Fresh Cucumber</p>	<p>Buffalo Chicken Dip over Tortilla Chips</p> <p>FEATURED VEGGIES Baked Beans Fresh Green Peppers</p>	<p>PIZZA DAY</p> <p>FEATURED VEGGIES Steamed Green Beans Baby Carrots</p>									
12	13	14	15	16									
<p>Toasted Cheese Sandwich</p> <p>FEATURED VEGGIES Tomato Soup Tater Tots</p>	<p>Walking Tacos</p> <p>FEATURED VEGGIES Refried Beans Lettuce & Tomato</p>	<p>Breakfast Only</p>	<p>Italian Super Sub</p> <p>FEATURED VEGGIES Curly Fries Apple Cider Slaw</p>	<p>PIZZA DAY</p> <p>FEATURED VEGGIES Steamed Green Beans Baby Carrots</p>									
19	20	21	22	23									
<p>NO SCHOOL</p>	<p>Cheesesteak on a Roll</p> <p>FEATURED VEGGIES Tater Tots Celery Sticks with Ranch</p>	<p>Walking Tacos</p> <p>FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad</p>	<p>Indian Butter Chicken over Brown Rice</p> <p>FEATURED VEGGIES Steamed Broccoli Fresh Green Peppers</p>	<p>PIZZA DAY</p> <p>FEATURED VEGGIES Steamed Green Beans Baby Carrots</p>									
26	27	28	29	30									
<p>Hot Dog on a Roll</p> <p>FEATURED VEGGIES Oven Fries Cucumber Slices</p>	<p>Burger Bar</p> <p>FEATURED VEGGIES Baked Beans Lettuce & Tomato</p>	<p>French Toast Sticks with Turkey Sausage</p> <p>FEATURED VEGGIES Smiley Fries Fresh Green Peppers</p>	<p>Mac & Cheese Bar</p> <p>FEATURED VEGGIES Roasted Tomatoes Apple Cider Slaw</p>	<p>PIZZA DAY</p> <p>FEATURED VEGGIES Steamed Green Beans Baby Carrots</p>									
<p>Metz Culinary at Jenkintown</p> <p>Chris Talmadge, General Manager</p> <p>Chris.Talmadge@metzcorp.com</p>					<p>Meal Prices</p> <table><tr><td>Reduced Student Lunch</td><td>FREE</td></tr><tr><td>HS Student Lunch</td><td>\$3.35</td></tr><tr><td>ES Student Lunch</td><td>\$2.85</td></tr><tr><td>Faculty Lunch</td><td>\$4.65</td></tr></table>	Reduced Student Lunch	FREE	HS Student Lunch	\$3.35	ES Student Lunch	\$2.85	Faculty Lunch	\$4.65
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.