

Jenkintown MS-HS LUNCH Menu

September 2026

**EAT SMART
BE SMART**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31 Corn Dog <i>PBJ Uncrustable Craveable</i> Mashed Potatoes Baby Carrots	1 Chicken & Cheese Quesadilla <i>PBJ Uncrustable Craveable</i> Ranch Refried Bean Dip Salsa	2 DIP-N-DUST Chicken Wings <i>PBJ Uncrustable Craveable</i> Steamed Broccoli Celery Sticks with Ranch	3 French Toast with Scrambled Eggs <i>PBJ Uncrustable Craveable</i> Tater Tots Mandarin Spring Salad	4 No School
7 No School	8 Walking Tacos <i>Pizza Craveable</i> Mexicali Corn Lettuce & Tomato	9 Indian Butter Chicken over Brown Rice <i>Pizza Craveable</i> Glazed Carrots Cucumber & Tomato Salad	10 Toasted Italian Sandwich <i>Pizza Craveable</i> Curly Fries Apple Cider Slaw	11 PIZZA DAY <i>Pizza Craveable</i> Honey Cinnamon Sweet Potato Corn Salad
14 Classic Sloppy Joe <i>Soft Pretzel Craveable</i> Oven Fries Chickpea Salad	15 BIRRIA Pork Tacos <i>Soft Pretzel Craveable</i> Mexicali Corn Seasoned Black Beans	16 Chicken Alfredo over Penne with Garlic Bread <i>Soft Pretzel Craveable</i> Steamed Broccoli Celery Sticks with Ranch	17 Cheeseburger <i>Soft Pretzel Craveable</i> Tater Tots Coleslaw	18 Pizza Dunkers <i>Soft Pretzel Craveable</i> Steamed Green Beans Cilantro Lime Veggie Crunch
21 No School	22 Chicken Caesar Waffle Fries <i>PBJ Uncrustable Craveable</i> Waffle Fries Side Salad	23 Hot Ham & Cheese on a Pretzel Roll <i>PBJ Uncrustable Craveable</i> Baked Beans Fresh Cucumber Slices	24 Cheesesteak Sub <i>PBJ Uncrustable Craveable</i> Peppers & Onions Grape Tomatoes	25 Pizza Pierogis <i>PBJ Uncrustable Craveable</i> Green Beans Fresh Cucumber Slices
28 General Tso Chicken <i>Pizza Craveable</i> Steamed Broccoli Fresh Pepper Strips	29 Chicken Soft Tacos <i>Pizza Craveable</i> Latin-Inspired Beans Tomato Salad	30 Sausage, Egg & Cheese Waffle Flatbread Sandwich <i>Pizza Craveable</i> Hash Brown Potato Fresh Cucumber Slices	OCTOBER 1st Chicken & Mashed Potato Bowl <i>Pizza Craveable</i> Mashed Potato Baby Carrots	OCTOBER 2nd Pizza Day <i>Pizza Craveable</i> Green Beans Celery Sticks

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

Reduced	FREE
Elementary	\$2.85
MS/HS	\$3.35
Adult	\$4.65

Daily Alternates

Fresh Entree Salads, Cheeseburger, Cold Cut Sandwiches, Wraps, or Chicken Patty Sandwiches, Weekly Craveables

Fruit & Veggie Selection

Seasonal Fresh Fruits, Canned Fruit in Light Syrup, 100% Fruit Juice, Fresh Veggies, Steamed or Roasted Veggies, Leafy Salad, Composed Bean Salad, Seasonal Fresh Vegetable

Students may choose two ½ cup servings.

Milk Selection

1% white, fat-free white, fat-free chocolate

Metz Culinary at Jenkintown

Chris Talmadge
 General Manager
 (215) 885-3722 ext. 118
 Chris.Talmadge@metzcorp.com

Pizza Craveable

Turkey pepperoni, Flatbread, Mozzarella Cheese, Pizza Sauce, Apple Slices

Soft Pretzel Craveable

2.2 oz Whole Grain Soft Pretzel with 4 oz Yogurt, String Cheese, Apple Slices

PBJ Uncrustable Craveable

2.6 oz Whole Grain Uncrustable, Cheese Stick, Goldfish Crackers, Apple Slices



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