Jenkintown MS/HS LUNCH Menu

November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Tenders with Soft Pretzel Nachos Craveable Glazed Carrots Cucumber Slices	3 NO SCHOOL	4 Hot Ham & Cheese on a Pretzel Roll Nachos Craveable **Baked Beans** **Fresh Cucumber Slices**	5 Cheesesteak Sub Nachos Craveable **Peppers & Onions** **Grape Tomatoes**	6 Pizza Pierogis Nachos Craveable **Green Beans** **Baby Carrots**
9 GENERAL TSO CHICKEN Soft Pretzel Craveable **Steamed Broccoli** **Fresh Pepper Strips**	10 WALKING TACOS Soft Pretzel Craveable **Latin-Inspired Beans** **Tomato Salad**	11 Sausage, Egg & Cheese Waffle Flatbread Sandwich Soft Pretzel Craveable **Hash Brown Potato** **Cucumber Slices**	12 Chicken & Mashed Potato Bowl Soft Pretzel Craveable **Mashed Potatoes** **Baby Carrots**	13 Pizza Day Soft Pretzel Craveable **Green Beans** **Celery Sticks**
16 Italian Meatballs & Cheese on a Roll PBJ Uncrustable Craveable **Oven Fries** **Baby Carrots**	17 Mac & Cheese PBJ Uncrustable Craveable **Sweet Chili Roasted Brussels** **Salad w/ Tomato & Mozzarella**	18 FRENCH TOAST w/ SAUSAGE PBJ Uncrustable Craveable **Baked Beans** **Coleslaw**	19 THANKSGIVING for LUNCH PBJ Uncrustable Craveable **Tomato Soup** **Green Pepper Strips**	20 Pizza Day PBJ Uncrustable Craveable Roasted Sweet Potatoes Chickpea Salad
23 Breakfast Only	24 Breakfast Only	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL
30 Baked Ziti Pasta Bake with Garlic Bread Pizza Craveable **Steamed Mixed Veggies** **Cucumber Slices**				

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

Metz Culinary at Jenkintown
Chris Talmadge
General Manager
(215) 885-3722 ext. 118
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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

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
Nachos Craveable
Tostitos Scoops, LandOLakes Cheese Sauce, Goldfish, Apple Slices, Salsa, String Cheese

SchoolCafe.com
For all you need.
Menus, Nutritional Information, Payments, and Parental Control

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

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES