

**MENUS FOR
MARCH
2018**

**Abington Public Schools
High School / Middle School**

This institution is an equal opportunity provider.
Menus are subject to change.

Available Daily

Freshly Baked School Made Pizza
Spicy Chicken Sandwiches
Crispy Chicken Sandwiches
Hamburgers & Cheeseburgers
Grab & Go Entrée Salads
Fruit, Yogurt & Granola Parfaits
Wild Mike's Cheese Bites
Build your own Sandwich Station

Available with all Lunches:
Assorted Fruits & Vegetables
Ice Cold Milk

Featured Specials of the Day

Thursday, March 1
 Oven Roasted Chicken
 Sides: Roasted Sweet Potatoes, Steamed Broccoli

Friday, March 2
 Popcorn Chicken Bowl
 Popcorn Chicken with Gravy and WW Breadstick
 Sides: Creamy Mashed Potatoes, Golden Kernel Corn

Monday, March 5
 Asian Cuisine
 Featuring Chinese Style BBQ Pork Strips
 Sides: Lo Mein, Stir Fried Vegetables

Tuesday, March 6
 Fiesta Mexico
 Featuring Grilled Chicken Quesadillas
 Sides: Black Beans with Pico deGallo, Arroz Roji

Wednesday, March 7
 Wave Day
 Ireland
 Shepherds Pie
 Sides: Mashed Potatoes, Golden Corn

Thursday, March 8
District Wide Early Release
High School
 Breakfast Only
Middle School
 French Toast Sticks with Syrup
 Sweet Potato Tots
 Breakfast Sausage Patty
 Orange Juice

Friday, March 9
 France
 jambon et fromage
 Warm Ham & Cheese Croissant
 Side: haricot vert

EGG-CELLENT.



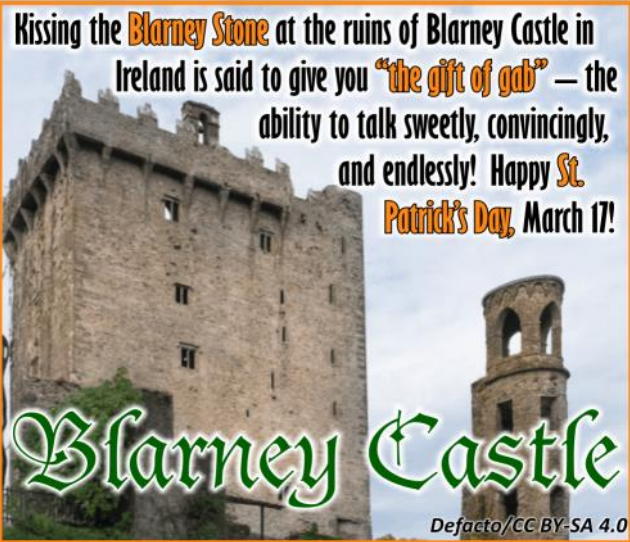
Ah, the humble, wonderful egg!
 Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

I SCHOOL BREAKFAST

**Join us
 March 5-9 for
 National
 School
 Breakfast
 Week 2018**





Featured Specials of the Day

Monday, March 19

Chicken Tender Wrap
Crispy Chicken Tenders in a Whole Wheat Wrap with Shredded Cheese & Lettuce
Sides: Goldfish Pretzels, Dill Pickle Spear

Tuesday, March 20

Pasta Primavera with Chicken
Pasta in a light marinara with vegetables and tender bites of chicken, served with a soft dinner roll.

Wednesday, March 21

Wave Day Sampler!
Chicken Nuggets, Nachos & Cheese, Onion Rings
Sides: Veggie Sticks, Ranch Up Hummus

Thursday, March 22

Pulled Pork Burrito Bowl
Seasoned Pulled Pork & Shredded Cheese
Served over Rice
Sides: Spicy Black Beans, Grilled Peppers & Onions

Friday, March 23

Popcorn Chicken Bites
served with a soft dinner roll
Sides: Oven Roasted Potatoes, Green Beans



Featured Specials of the Day

Monday, March 12

Rodeo Burger
Cheeseburger topped with Onion Rings and zesty BBQ Sauce
Sides: Baked Beans, Dill Pickle Chips

Tuesday, March 13

Taco Tuesday!
Soft Whole Wheat Tortilla filled with Seasoned Meat & Shredded Cheese, Lettuce & Salsa
Sides: Spicy Black Beans, Grilled Pepper & Onion Medley

Wednesday, March 14

Italian Sampler
Cheese Stuffed Shells with Meatballs & Garlic Bread Stick
Sides: Caesar Salad

Thursday, March 15

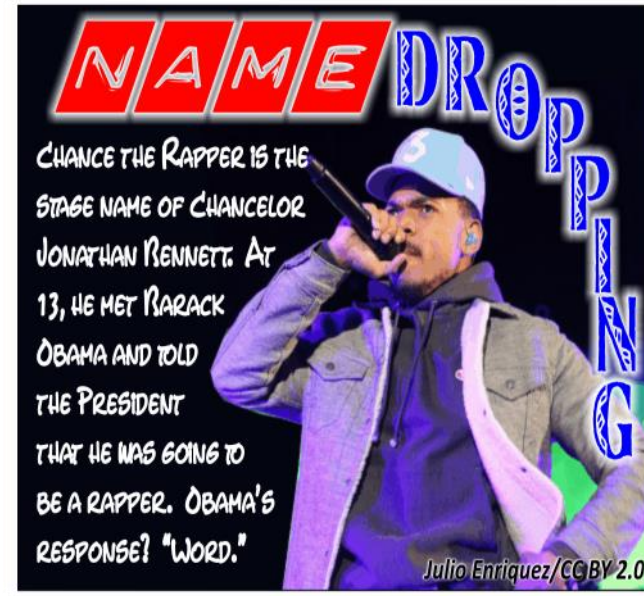
Teriyaki Chicken Dippers
served with a soft dinner roll
Sides: Rice Pilaf, Mixed Vegetable Medley

Friday, March 16

Popcorn Chicken Bowl
Popcorn Chicken served with a WW Bread Stick
Sides: Mashed Potatoes & Gravy, Kernel Corn



**Want the whole truth?
Choose bagels and other bread products that are made with whole grains. They're healthiest by a mile!**



Featured Specials of the Day

Monday, March 26

Meatball Sub Marinara
Side: Roasted Broccoli

Tuesday, March 27

Taco Tuesday!
Soft Whole Wheat Tortilla filled with Seasoned Meat & Shredded Cheese, Lettuce & Salsa
Sides: Spicy Black Beans, Grilled Pepper & Onion Medley

Wednesday, March 28

Rodeo Burger
Cheeseburger topped with Onion Rings and zesty BBQ Sauce
Sides: Baked Beans, Dill Pickle Chips

Thursday, March 29

Crispy Chicken Tenders
served with a soft dinner roll
Sides: Sweet Potato Wedges, Mixed Vegetable Medley

Friday, March 30

No School
Good Friday