



Menus for
April
2018

**Abington Public
Schools
High/Middle**

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 Pizza Bites
Build your own Sandwich Station

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

Featured Specials of the Day

Monday, April 2

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

Tuesday, April 3

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

Wednesday, April 4

District Wide Early Release

High School

Breakfast Only

Middle School

Pancakes with Syrup
Baked Ham

Hash Brown Potatoes

Thursday, April 5

FENWAY OPENER

GO RED SOX

Sausage, Pepper & Onion Sub or Steamed Hot Dog
Sides: Popcorn, Dill Pickle Chips

Friday, April 6

Popcorn Chicken Bites
Served with a Garlicky Bread Stick
Sides: Oven Fries, Green Beans

NAME DROPPING



SAOIRSE ROMAN
HAS TWO RECENT
BEST ACTRESS
NOMINATIONS (FOR
"BROOKLYN
RIRD"), BUT MOST AMERICANS
STILL CAN'T PRONOUNCE HER NAME!
IT'S "SIR-SHA" - RHYMES WITH "INERTIA."

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TIME TO BLOSSOM.

The flowers are coming out of hiding – and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!



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

Featured Specials of the Day

Monday, April 9

American Chop Suey
served with a soft dinner roll
Sides: Caesar Side Salad, Steamed Carrots

Tuesday, April 10

Chicken Fajita
Sides: Southern Rice, Fiesta Corn

Wednesday, April 11

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

Thursday, April 12

BBQ Boneless Riblets
served with corn bread
Sides: Baked Potato Wedges, Creamy Cole Slaw

Friday, April 13

Popcorn Chicken Bowl

Popcorn Chicken & Gravy
served with a whole wheat breadstick
Sides: Creamy Mashed Potatoes, Golden Corn

eatfit wanna stay fit?
gotta eat right!

item: strawberries
verdict: always



tip: In most parts of the country, strawberry season is still 6 or 8 weeks off, and Florida's season is winding down. Don't fret. California strawberries are at their peak right now, so make due with the Cali berries til the local flavor bombs are in!

Featured Specials of the Day

Monday, April 23

Rodeo Burger

Cheeseburger topped with Onion Rings and zesty BBQ Sauce

Sides: New England Baked Beans, Dill Pickle Chips

Tuesday, April 24

Chicken, Broccoli, Ziti Alfredo served with a soft dinner roll

Wednesday, April 25

Warm Ham & Cheese Croissant

Sides: Fun Chips, Glazed Carrots

Thursday, April 26

Meatball Sub Marinara

Side: Garlicky Green Beans

Friday, April 27

Popcorn Chicken Bowl

Popcorn Chicken & Gravy

served with a whole wheat breadstick

Sides: Creamy Mashed Potatoes, Golden Corn

Monday, April 30

District Wide Early Release

High School

Breakfast Only

Middle School

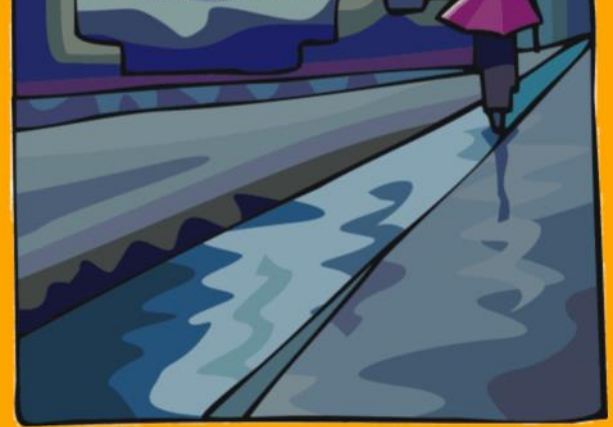
Pancakes with Syrup

Baked Ham

Hash Brown Potatoes

Do April showers really bring May flowers?

It's not that simple. For perennial plants (the ones that flower every year), the rain that fell the previous month isn't as important as the rain that fell over the fall and winter. For annual plants, the only moisture that matters is what falls after they are in the ground. So, yeah, April showers are wet and miserable. But don't think you're getting any flowers out of it!



Please see reverse for items available daily

Now Appearing . . .

SPRING BREAK!

SPECIAL LIMITED ENGAGEMENT!

Break begins at the end of classes:

Friday, April 13

Classes resume:

Monday, April 23

◆ WONDERS OF THE WORLD ◆

When the Great Pyramid was built as a tomb for an Egyptian ruler around 2560 BC, it was easily the tallest man-made structure in the world at 481 feet high. Nearly 4,000

years later, it was STILL the world's tallest structure, until the completion of England's Lincoln Cathedral, which reached 525 feet into the sky in 1311. When the Washington Monument became the world's tallest at 555 feet more than 500 years later in 1884, it was still only about 100 feet taller than the Great Pyramid at Giza.

◆ THE GREAT PYRAMID AT GIZA, EGYPT ◆