

Menus for January 2018

ABINGTON PUBLIC SCHOOLS
Beaver Brook



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



Join us every day for convenient, economical, healthy meals!

Breakfast	Lunch
\$1.50	\$2.50
Get in touch with us today to learn more about free and reduced-price meals in our district: 781-982-2156 berniedarcy@abingtonps.org	

Happy New Year and Welcome Back! We hope you enjoyed your break!

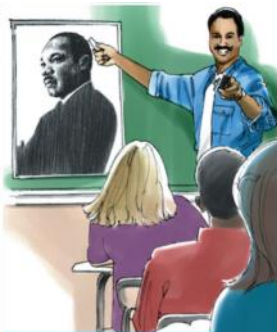
Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
<p><i>Tenders & Tots</i> Crispy Chicken Tenders with Potato Tots Glazed Carrots Crunchy Fresh Apple Ice Cold Milk</p> <p><i>Alternative Choices:</i> Sal's Cheese Pizza Tortilla Chip & Salsa Lunch Bagel & Yogurt Lunch Cereal Fun Lunch</p>	<p>Hot Diggity Dog Baked Beans Dill Pickle Chips Chilled Peach Cup Ice Cold Milk</p> <p><i>Alternative Choices:</i> Sal's Cheese Pizza Tortilla Chip & Salsa Lunch Bagel & Yogurt Lunch Cereal Fun Lunch</p>	<p><i>Pizza for One!</i> Personal Pan Pizza Caesar Salad with Garbonzo Croutons Otis Spunkmeyer Cookie Juicy Orange Smiles Ice Cold Milk</p> <p><i>Alternative Choices:</i> Sal's Cheese Pizza Tortilla Chip & Salsa Lunch Bagel & Yogurt Lunch Cereal Fun Lunch</p>	<p>Popcorn Chicken Bowl Creamy Mashed Potatoes with Golden Corn, Gravy and Popcorn Chicken Served with a Whole Wheat Breadstick Fruit of the Day Ice Cold Milk</p> <p><i>Alternative Choices:</i> Sal's Cheese Pizza Tortilla Chip & Salsa Lunch Bagel & Yogurt Lunch Cereal Fun Lunch</p>

TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Kids aged 8-18 sit for 4.5 hours a day at school – and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.

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

Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
<p>Chicken Nuggets Cheesy Rice Steamed Broccoli Mixed Fruit Ice Cold Milk</p> <p><i>Alternative Choices:</i> Sal's Cheese Pizza Tortilla Chip & Salsa Lunch Bagel & Yogurt Lunch Cereal Fun Lunch</p>	<p><i>Souper Tuesday!</i> Homemade Chicken Vegetable Minestrone Soup served with a Toasted Cheese Sandwich Cucumber Wheels Sweet Apple Pouch Ice Cold Milk</p> <p><i>Alternative Choices:</i> Sal's Cheese Pizza Tortilla Chip & Salsa Lunch Bagel & Yogurt Lunch Cereal Fun Lunch</p>	<p>Hamburger or Cheeseburger on a Whole Wheat Roll Grilled Peppers and Onions Sweet Strawberry Cup Ice Cold Milk</p> <p><i>Alternative Choices:</i> Sal's Cheese Pizza Tortilla Chip & Salsa Lunch Bagel & Yogurt Lunch Cereal Fun Lunch</p>	<p>Papa Gino's Pizza! Caesar Salad with Garbonzo Croutons Otis Spunkmeyer Cookie Juicy Orange Smiles Ice Cold Milk</p> <p><i>Alternative Choices:</i> Sal's Cheese Pizza Tortilla Chip & Salsa Lunch Bagel & Yogurt Lunch Cereal Fun Lunch</p>	<p>Popcorn Chicken Bites Oven Fries Green Beans Fruit of the Day Ice Cold Milk</p> <p><i>Alternative Choices:</i> Sal's Cheese Pizza Tortilla Chip & Salsa Lunch Bagel & Yogurt Lunch Cereal Fun Lunch</p>



School will be closed Monday, January 15 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 16

Taco Tuesday!
Soft Tortilla Shell with Taco Meat, Shredded Cheese, Lettuce & Black Bean Salsa. Cinnamon Applesauce
Ice Cold Milk

Alternative Choices:
Sal's Cheese Pizza
Tortilla Chip & Salsa Lunch
Bagel & Yogurt Lunch
Cereal Fun Lunch

Wednesday, January 17

Creamy Mac & Cheese
Steamed Broccoli
Fun & Fruity Jello
Ice Cold Milk

Alternative Choices:
Sal's Cheese Pizza
Tortilla Chip & Salsa Lunch
Bagel & Yogurt Lunch
Cereal Fun Lunch

Thursday, January 18

Stuffed Crust Pizza
Caesar Salad with Garbonzo Croutons
Otis Spunkmeyer Cookie
Juicy Orange Smiles
Ice Cold Milk

Alternative Choices:
Sal's Cheese Pizza
Tortilla Chip & Salsa Lunch
Bagel & Yogurt Lunch
Cereal Fun Lunch

Friday, January 19

Popcorn Chicken Bowl
Student Favorite featuring Mashed Potatoes, Golden Corn, Gravy & Popcorn Chicken!
Served with a Breadstick.
Fruit of the Day
Ice Cold Milk

Alternative Choices:
Sal's Cheese Pizza
Tortilla Chip & Salsa Lunch
Bagel & Yogurt Lunch
Cereal Fun Lunch

Monday, January 22

Crispy Chicken Nuggets
Smiley Fries
Steamed Green Beans
Chilled Pears
Ice Cold Milk

Alternative Choices:
Sal's Cheese Pizza
Tortilla Chip & Salsa Lunch
Bagel & Yogurt Lunch
Cereal Fun Lunch

Tuesday, January 23

Pasta & Meatballs
Mixed up Vegetables
Chilled Peach Cup
Ice Cold Milk

Alternative Choices:
Sal's Cheese Pizza
Tortilla Chip & Salsa Lunch
Bagel & Yogurt Lunch
Cereal Fun Lunch

Wednesday, January 24

Hot Diggity Dog
Baked Beans
Dill Pickle Chips
Sweet Apple Pouch
Ice Cold Milk

Alternative Choices:
Sal's Cheese Pizza
Tortilla Chip & Salsa Lunch
Bagel & Yogurt Lunch
Cereal Fun Lunch

Thursday, January 25

Papa Gino's Pizza!
Caesar Salad with Garbonzo Croutons
Otis Spunkmeyer Cookie
Juicy Orange Smiles
Ice Cold Milk

Alternative Choices:
Sal's Cheese Pizza
Tortilla Chip & Salsa Lunch
Bagel & Yogurt Lunch
Cereal Fun Lunch

Friday, January 26

District Wide Early Release Day

Pancakes w/ Syrup
Sweet Potato Tots
Baked Ham
Fruit of the Day
Ice Cold Milk

Monday, January 29

Popcorn Chicken Bites
Oven Fries
Glazed Carrots
Fresh Apple
Ice Cold Milk

Alternative Choices:
Sal's Cheese Pizza
Tortilla Chip & Salsa Lunch
Bagel & Yogurt Lunch
Cereal Fun Lunch

Tuesday, January 30

Hamburger or Cheeseburger
Pretzel Twist with Hummus Dip
Cantaloupe Cubes
Ice Cold Milk

Alternative Choices:
Sal's Cheese Pizza
Tortilla Chip & Salsa Lunch
Bagel & Yogurt Lunch
Cereal Fun Lunch

Wednesday, January 31

Chicken N' Waffles
Crispy Chicken Tenders with a Waffles & Syrup!
Crunchy Celery Sticks
Applesauce
Ice Cold Milk

Alternative Choices:
Sal's Cheese Pizza
Tortilla Chip & Salsa Lunch
Bagel & Yogurt Lunch
Cereal Fun Lunch

THE ORIGINAL ROCK STARS

Sixty-foot high sculptures of four presidents' faces are carved on Mount Rushmore in the Black Hills of South Dakota. Which four presidents are they?

A: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln

NUTRITION TOGO

The "wrap" was born when someone looked at Mexican favorites like the burrito and figured out that you could roll up just about any combo of tasty treats in a tortilla. U.S. tortilla sales, just \$1 billion in 1990, are now \$12 billion per year, including lots of healthier, fiber-rich options. In fact, tortillas are now the most popular bread in America!

A QUICK BITE FOR PARENTS

Weird SCIENCE

You'll Need:

- ✓ an avocado seed
- ✓ a glass jar
- ✓ 3 toothpicks

Grow an Avocado Tree!

A whole lot of avocados are sold this time of year, because this fruit is the key ingredient in guacamole, a favorite Super Bowl snack. The avocado has a big round seed in the middle that you can grow a tree from!

- 1 Place the rinsed seed (fatter end down) over a water-filled glass with the toothpicks. The water should cover about an inch of the seed.
- 2 Place it in a warm location, out of direct sunlight. The seed will crack, and roots and stem will sprout in about 2-6 weeks.
- 3 When the stem grows to 6 inches or so, cut it half way back. When the stem has leafed out again, plant it in a rich soil, with half of the seed sticking up above the surface.
- 4 Water your avocado house plant generously, but let it dry out somewhat between waterings. The more sunlight your house plant gets, the better.