



**Abington Public Schools
Beaver Brook**

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

★ OUR NATION'S HISTORY ★

The Pony Express debuted on April 3, 1860 when a rider left St. Joseph, Missouri with mail destined for Sacramento, California. Previously, mail had to travel from the East to the Golden State by slow stagecoaches, or by boat all the way around South America. But by swapping horses every 10 miles, changing riders every 100, and riding 24 hours a day, non-stop, the Pony Express could deliver the mail in just 10 days! The operation didn't last long – soon enough, the transcontinental telegraph could deliver short messages almost instantaneously, and larger mail could be transported cross-country by train.

★ WITH LIBERTY & JUSTICE FOR ALL ★

photo **Available Daily**

Turkey Pinwheel Lunch
Sal's Cheese Pizza
Hummus, Tortilla Chip & Black Bean Salsa Lunch
Wheat Bagel & Yogurt Lunch
Cereal Fun Lunch
Fresh Fruit or Juice
And Alternate Vegetables
Available Daily

Monday, April 2

Popcorn Chicken Bites & Graham Crackers

Served with
Baked Potato Wedges
Crazy Carrots
Sweet Strawberry Cup
Ice Cold Milk

Tuesday, April 3

Cup O' Meatballs with Cheesy Dipping Stick

Served with
Steamed Green Beans
Mixed Fruit Cup
Ice Cold Milk

Wednesday, April 4

District Wide Early Release

Pancakes with Syrup

Served with
Baked Ham
Sweet Potato Tots
Chilled Peach Cup
Ice Cold Milk

Thursday, April 5

FENWAY OPENER
GO RED SOX
Steamed Hot Dog on a Whole Wheat Bun

Get Yourrrr
Popcorn
Dill Pickles Chips
Ice Cream Sandwich
Ice Cold Milk

Friday, April 6

Pizza for One! Personal Pan Pizza

Served with
Caesar Salad with Garbanzo Croutons
Otis Spunkmeyer Cookie
Fruit of the Day
Ice Cold Milk

Monday, April 9

NEW!

Wild Mikes Pizza Bites
 Soft Crust filled with Mozzarella Cheese

Served with
Marinara Dipping Sauce
Roasted Broccoli
Box of Raisins
Ice Cold Milk

Tuesday, April 10

Hamburger or Cheeseburger on a whole wheat bun
Served with
Grilled Pepper & Onion Medley
New England Baked Beans
Crunchy Fresh Apple
Ice Cold Milk

Wednesday, April 11

Creamy Mac n' Cheese With Corn Bread

Served with
Green Beans
Sweet Strawberry Cup
Ice Cold Milk

Thursday, April 12

Papa Gino's Pizza

Served with
Caesar Salad with Garbanzo Croutons
Otis Spunkmeyer Cookie
Chilled Peach Cup
Ice Cold Milk

Friday, April 13

Popcorn Chicken Bowl

Served with
Creamy Mashed Potatoes & Gravy
Golden Corn
Whole Wheat Breadstick
Fruit of the Day
Ice Cold Milk

BEAK EFFICIENCY.

The Tufted Puffin of the North Pacific eats mostly small fish that it catches as it swims. It may carry several dozen fish all at once in its big beak back to its young in the nest!

Photo by Nature's Pics

ANIMAL APPETITES

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!

Put them together and they add up to



**Last day of classes:
Friday, April 13**

**Classes resume:
Monday, April 23**

Monday, April 23

Chicken Nuggets
with
Soft Whole Wheat Dinner Roll

Served with
Sweet Potato Fries
Snappy Green Beans
Mixed Fruit Cup
Ice Cold Milk

Tuesday, April 24

Macho Nacho Lunch
Crispy Tortilla Chips
Seasoned Taco Meat &
Zesty Cheese Sauce

Served with
Black Bean Salsa
Fiesta Corn
Applesauce Cup
Ice Cold Milk

Wednesday, April 25

Pasta & Meatballs
Marinara

Served with
Steamed Broccoli
Sweet Strawberries
Ice Cold Milk

Thursday, April 26

Stuffed Crust Pizza

Served with
Caesar Salad with
Garbonzo Croutons
Otis Spunkmeyer
Cookie
Chilled Peach Cup
Ice Cold Milk

Friday, April 27

Popcorn Chicken Bowl

Served with
Creamy Mashed
Potatoes & Gravy
Golden Corn
Whole Wheat
Breadstick
Fruit of the Day
Ice Cold Milk

Monday, April 30

District Wide
Early Release

Pancakes with Syrup

Served with
Baked Ham
Sweet Potato Tots
Chilled Peach Cup
Ice Cold Milk

What's on
YOUR
plate?



**Q: What do you call
two banana
peels?**



A: A pair of slippers!

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

NUTRITION TO GO

Not all chicken is created equal. In general, processed chicken, such as breaded chicken nuggets, is less nutritious than fresh chicken, and skin and dark meat contain more fat than white meat. Preparation also makes a difference -- fried chicken is OK once in awhile, but grilled or baked is better as a regular choice.

A QUICK BITE FOR PARENTS



EARTH DAY

April 22