

Menus for
March
2018

**Abington Public Schools
Woodsdale Elementary**

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

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!**

Thursday, March 1

Stuffed Crust Pizza

Served with
Caesar Salad with
Garbonzo Croutons
Otis Spunkmeyer
Cookie
Juicy Orange Smiles
Ice Cold Milk

Friday, March 2

Popcorn Chicken Bowl

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

AVAILABLE DAILY

Turkey Pinwheel Lunch

Sal's Cheese Pizza

Hummus, Tortilla Chips & Black Bean Salsa Lunch

Wheat Bagel & Yogurt Lunch

Cereal Fun Lunch

Monday, March 5

Crispy Chicken Tenders
with a soft whole wheat dinner roll

Served with
Creamy Mashed Potatoes
Steamed Green Beans
Chilled Peach Cup
Ice Cold Milk

Tuesday, March 6

Taco Tuesday!
Soft Whole Wheat Tortilla with Taco Meat

Served with
Lettuce, Shredded Cheese & Black Bean Salsa on the side
Fiesta Corn
Crunchy Fresh Apple
Ice Cold Milk

Wednesday, March 7

Toasted Cheese Sandwich
on whole wheat bread

Served with
Campbell's Tomato Soup
Crunchy Cucumber Wheels
Sweet Strawberry Cup
Ice Cold Milk

Thursday, March 8

District Wide Early Release

French Toast Sticks w/ Syrup

Served with
Sweet Potato Tots
Breakfast Sausage Patty
Orange Juice Cup
Ice Cold Milk

Friday, March 9

Papa Gino's Pizza

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

GO FOR THE WHOLE!

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

Oh, the Places You'll Go!
by Dr. Seuss

March 2 is
"Read Across America" Day

Don't forget to set your clocks forward one hour on Sunday, March 11!

Monday, March 12

Chicken Nuggets
with a soft whole wheat
dinner roll

Served with
Sweet Potato Fries
Roasted Broccoli
Chilled Peach Cup
Ice Cold Milk

Tuesday, March 13

Hot Diggety Dog
on a whole wheat bun

Served with
New England Baked
Beans
Steamed Carrots
Box O' Raisins
Ice Cold Milk

Wednesday, March 14

Hamburger or
Cheeseburger
on a whole wheat bun

Served with
Grilled Pepper & Onion
Medley
Baked Beans
Sweet Strawberry Cup
Ice Cold Milk

Thursday, March 15

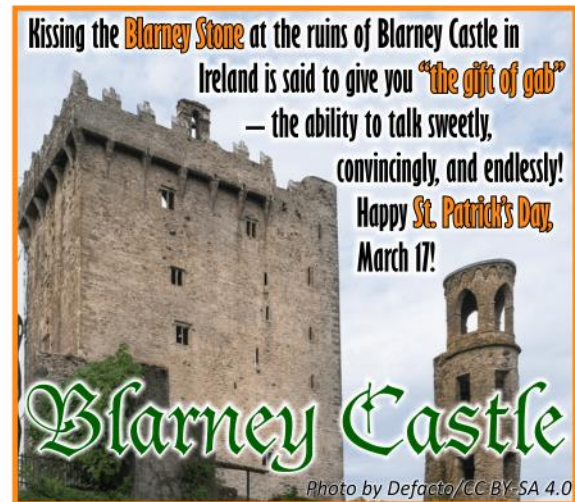
Pizza for One!
Personal Pan Pizza

Served with
Caesar Salad with
Garbonzo Croutons
Otis Spunkmeyer
Cookie
Juicy Orange Smiles
Ice Cold Milk

Friday, March 16

Popcorn Chicken Bowl

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



Monday, March 19

Teriyaki Chicken
Dippers
with a soft whole wheat
dinner roll

Served with
Vegetable Rice Pilaf
Sweet Peas & Carrots
Box O'Raisins
Ice Cold Milk

Tuesday, March 20

Taco Tuesday!
Soft Whole Wheat
Tortilla with Taco Meat

Served with
Lettuce, Shredded
Cheese & Black Bean
Salsa on the Side
Fiesta Corn
Sweet Strawberry Cup
Ice Cold Milk

Wednesday, March 21

Meatball Sub
Marinara
on a whole wheat roll

Served with
Roasted Broccoli
Chilled Peach Cup
Ice Cold Milk

Thursday, March 22

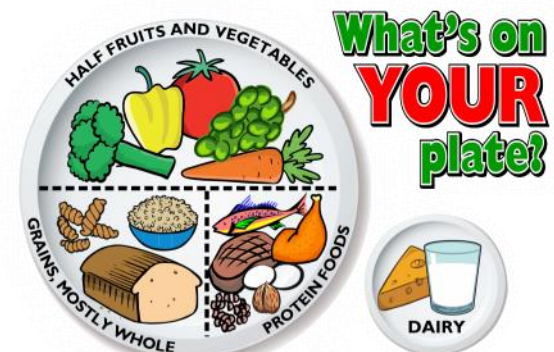
Papa Gino's Pizza

Served with
Caesar Salad with
Garbonzo Croutons
Otis Spunkmeyer
Cookie
Juicy Orange Smiles
Ice Cold Milk

Friday, March 23

Popcorn Chicken Bites
with a soft whole wheat
dinner roll

Served with
Baked Potato Wedges
Mixed Vegetable
Medley
Fruit of the Day
Ice Cold Milk



Q: How do you turn
soup to gold?

Monday, March 26

Hamburger or
Cheeseburger
on a whole wheat bun

Served with
Grilled Pepper &
Onion Medley
Chilled Peach Cup
Ice Cold Milk

Tuesday, March 27

Hot Diggety Dog
on a whole wheat bun

Served with
New England Baked
Beans
Steamed Carrots
Crunchy Fresh Apple
Ice Cold Milk

Wednesday, March 28

Chicken Patty
Sandwich
on a whole wheat bun

Served with
Lettuce & Tomato
Dill Pickle Chips
Box O' Raisins
Ice Cold Milk

Thursday, March 29

Stuffed Crust Pizza

Served with
Caesar Salad with
Garbonzo Croutons
Otis Spunkmeyer
Cookie
Juicy Orange Smiles
Ice Cold Milk

Friday, March 30

Good Friday



No School Today



A: Put 14 carrots in it!
Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html