



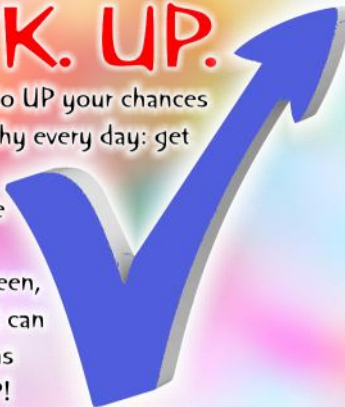
**Menus for
May
2018**

**Abington Public
Schools
Woodsdale
Elementary**

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

CHECK. UP.

Here's a heads-UP to UP your chances for waking UP healthy every day: get an annual CHECK UP. Whether you're young or old or somewhere in between, a yearly doctor visit can find and fix problems before they crop UP!



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



Tuesday, May 1

Wild Mike's Cheese Bites
Soft Crust filled with Mozzarella Cheese

Served with
Marinara Dipping Sauce
Crunchy Celery Sticks
Apple Sauce Cup
Ice Cold Milk

Wednesday, May 2

Hot Diggety Dog
in a whole wheat bun

Served with
New England Baked Beans
Steamed Carrots
Chilled Peach Cup
Ice Cold Milk

Thursday, May 3

Stuffed Crust Pizza

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

Friday, May 4

Popcorn Chicken Bites
served with graham crackers

Served with
Oven Fries
Roasted Broccoli
Fruit of the Day
Ice Cold Milk

Monday, May 7

Crispy Chicken Tenders
served with a whole wheat breadstick

Served with
Creamy Mashed Potatoes
Golden Kernal Corn
Mixed Fruit Cup
Ice Cold Milk

Tuesday, May 8

Hamburger or Cheeseburger
on a whole wheat bun

Served with
New England Baked Beans
Dill Pickle Chips
Crunchy Fresh Apple
Ice Cold Milk

Wednesday, May 9

Papa Gino's Pizza

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

Thursday, May 10

District Wide Early Release

Pancakes with Syrup

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

Friday, May 11

District Wide Early Release

McWave Sandwich
Sausage, Egg & Cheese on a whole wheat English Muffin

Served with
Hash Brown Potatoes
Fruit of the Day
Ice Cold Milk

HORSES RUN ON BIG **HOOVES**, WHICH ARE LIKE OUR **FINGERNAILS** AND **TOENAILS**. THEIR "HANDS" AND "FEET" ARE MUCH LONGER THAN OURS -- A HORSE'S "WRIST" IS ACTUALLY **HALFWAY UP ITS FRONT LEG**, AND ITS "ANKLE" IS **HALFWAY UP ITS BACK LEG!**

STRANGE BUT TRUE!

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, May 14

Chicken Nuggets

served with graham crackers

Served with
Baked Potato Wedges
Crazy Carrots
Mixed Fruit Cup
Ice Cold Milk

Tuesday, May 15

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, May 16

Bring you rulers!!!
FOOT LONG HOTDOG

in a whole wheat bun

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

Thursday, May 17

Pizza for One!
Personal Pan Pizza

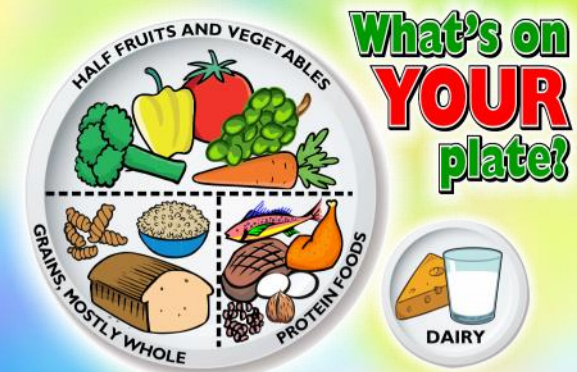
Served with
Caesar Salad with Garbanzo
Croutons
Otis Spunkmeyer Cookie
Juicy Orange Smiles
Ice Cold Milk

Friday, May 18

Popcorn Chicken

Bowl
served with a whole wheat
breadstick

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



Q: What do you do with a hot dog that gets straight A's?

Monday, May 21

Chicken Patty Sandwich

on a whole wheat bun

Served with
Lettuce & Tomato
Glazed Carrot Cubes
Tater Tots
Chilled Pears
Ice Cold Milk

Tuesday, May 22

Hamburger or Cheeseburger

on a whole wheat bun

Served with
New England Baked Beans
Dill Pickle Chips
Crunchy Fresh Apple
Ice Cold Milk

Wednesday, May 23

Pasta & Meatballs Marinara

Served with
Green Beans
Chilled Peach Cup
Ice Cold Milk

Thursday, May 24

Papa Gino's Pizza

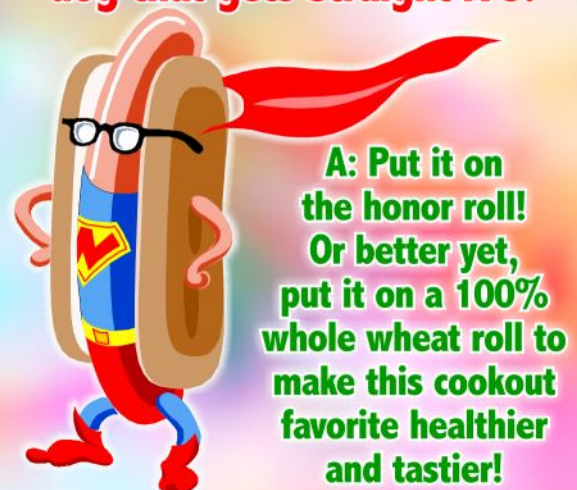
Served with
Caesar Salad with Garbanzo
Croutons
Otis Spunkmeyer Cookie
Juicy Orange Smiles
Ice Cold Milk

Friday, May 25

Popcorn Chicken Bites

served with graham crackers

Served with
Oven Fries
Green Beans
Fruit of the Day
Ice Cold Milk



A: Put it on the honor roll! Or better yet, put it on a 100% whole wheat roll to make this cookout favorite healthier and tastier!

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

Monday, May 28



Tuesday, May 29

Crispy Chicken Tenders

served with a soft whole wheat dinner roll

Served with
Sweet Potato Fries
Roasted Broccoli
Apple Sauce Cup
Ice Cold Milk

Wednesday, May 30

Hot Diggety Dog

in a whole wheat bun


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

Thursday, May 31

Stuffed Crust Pizza

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

★ OUR NATION'S HISTORY ★



Jim Thorpe, one of the most famous and accomplished of all American athletes, was born on May 28, 1888. Thorpe won both the pentathlon and decathlon at the 1912 Olympics, becoming the first Native American to take gold for the United States. He played six seasons of major league baseball, 12 seasons of professional football, and toured the U.S. as a professional basketball player. His native name *Wa-Tho-Huk* translates as "path lit by great flash of lightning."

★ WITH LIBERTY & JUSTICE FOR ALL ★