



**Abington Public Schools  
Woodsdale Elementary**

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**

Papa Gino's 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**

Pizza for One!  
Personal Pan Pizza

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

**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**



What's on **YOUR** plate?



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



**A: A pair of slippers!**

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

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

Papa Gino's 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

## 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**

