

Abington  
Public  
Schools  
High/Middle

# Menus for February 2019

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

## Available Daily

**Freshly Baked School Made Pizza**  
**Spicy Chicken Sandwiches**  
**Crispy Chicken Sandwiches**  
**Hamburgers & Cheeseburgers**  
**Grab & Go Entrée Salads**  
**Fruit, Yogurt & Granola Parfaits**  
**Wild Mike's Cheese Bites**  
**Cheese Quesadilla**  
**Build your own Sandwich Station**  
**Soup du Jour**

**Available with all Lunches:**  
**Assorted Fruits & Vegetables**  
**Ice Cold Milk**

## Featured Specials of the Day

### Friday, February 1

District Wide In-Service

Early-Release Day

High— Breakfast Only

Middle— Pancakes w/ Syrup, Baked Ham, Hash Brown Potatoes

### Monday, February 4

Buffalo Chicken Wrap

Spicy Chicken Tenders served in a Whole Wheat Wrap  
With Shredded Lettuce & Cheese

Sides: Goldfish Pretzels, Crunchy Baby Carrots & Hummus

### Tuesday, February 5

Totally Taco Tuesday

Seasoned Meat & Shredded Cheese  
in a whole wheat tortilla

Shredded Lettuce & Salsa, if you please

Sides: Cilantro Lime Rice, Mexican Street Corn

### Wednesday, February 6

Rodeo Burger

Cheeseburger topped with Crispy Onion Rings and Zesty BBQ Sauce

Sides: Oven Fries, Baked Beans, Dill Pickle Chips

### Thursday, February 7

Meat Lasagna

Served with Garlic Bread

Side: Caesar Side Salad with garbanzo croutons

### Friday, February 8

Popcorn Chicken Bowl

Popcorn Chicken & Gravy

served with a whole wheat breadstick

Sides: Whipped Mashed Potatoes, Golden Corn

## YEAR OF THE PIG



## YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!



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

## New This Month!

We hope you have enjoyed sampling Chef Will's delicious school made soups!

**Now offering the following Soup for Lunch options:**

- **Small Soup with deli bar Sandwich Lunch**
- **Small Soup with Crackers and Side Salad Lunch**
- **Large Soup with Crackers Lunch**

**Small Soup with crackers can also be purchased ala carte for \$2.00**

## give it a try!



Those candy hearts with the goofy messages on them make up 10.2% of Valentine's Day candy sales, the most of any single candy.



**Duck.**

Winter Break begins after classes on February 15

Classes resume February 25

**Please see the other page for items available daily**

*Featured Specials of the Day*

**Monday, February 25**  
Italian Sub  
 Italian Cold Cuts & Provolone Cheese in a whole wheat sub roll topped with Picante Relish  
 Served with Lays Fun Chips

**Tuesday, February 26**  
Cheesy Baked Burrito  
 Chipotle Adobo Chicken with Cheese in a whole wheat tortilla with pico and guacamole!  
 Sides: Rice, Roasted Corn Salad

**Wednesday, February 27**  
Pasta with Meat Sauce  
 served with a soft whole wheat dinner roll  
 Side: Caesar Side Salad with Garbonzo Croutons

**Thursday, February 28**  
Loaded Baked Potato  
 Freshly Baked Potato with your choice of toppings!  
 Grilled Chicken, Broccoli, Cheese Sauce, Bacon Bits and Sour Cream

*Featured Specials of the Day*

**Monday, February 11**  
Chicken Stir Fry  
 Tender Chicken Strips served over Lomein Noodles or Rice with Stir fried Vegetables

**Tuesday, February 12**  
Mac & Cheeseburger  
 Just like it sounds, topped with Lettuce, Tomatoes & Pickles and Chipotle Aioli

**Wednesday, February 13**  
Wave Day Sampler  
 Chicken Nuggets, Nachos & Cheese, Onion Rings  
 Sides: Veggie Sticks, Buffalo Hummus Dip

**Thursday, February 14**  
Ham & Cheese Panini  
 Served with Goldfish Pretzels and Broccoli & Cheddar Soup

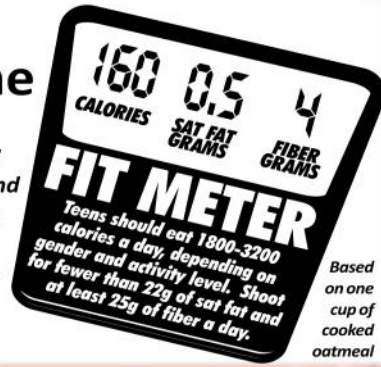
**Friday, February 15**  
Chicken Mediterranean Pocket  
 Sautéed Chicken served in a Whole Wheat Pita Pocket with Lettuce, Tomato & Cucumbers topped with choice of Greek Dressing or Tzatziki Sauce

**eat fit** wanna stay fit?  
 gotta eat right!



**item:** oatmeal  
**verdict:** any time

**tip:** Hot oatmeal does your body good on chilly winter's mornings – and afternoons and evenings, too! Just be sure to mix it with water or lowfat milk and lay off the extra sugar – try a few juicy blueberries or other fruit instead, and bump the protein and fiber with a sprinkle of nuts.



**36 BY THE NUMBERS**  
 PERCENT OF AMERICAN TWELFTH GRADERS WHO DO VOLUNTEER SERVICE AT LEAST ONCE A MONTH

Based on one cup of cooked oatmeal