

# Menus for May & June 2019

## Abington Public Schools Middle/High

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**

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

## Featured Specials of the Day

*Menu selections may change based on product availability and year end activities!*

### Wednesday, May 1

#### Wave Day Sampler

Chicken Tenders, Nachos & Cheese, Onion Rings

Sides: Veggie Sticks, Buffalo Hummus Dip

### Thursday, May 2

#### Ham & Cheese Panini

Served with School Made Tomato Soup

### Friday, May 3

#### Popcorn Chicken Bowl

Popcorn Chicken & Gravy

served with a whole wheat breadstick

Sides: Whipped Mashed Potatoes, Golden Corn

### Monday, May 6

#### Rodeo Burger

Cheeseburger topped with Crispy Onion Rings and Zesty BBQ Sauce

Sides: Oven Fries, Baked Beans, Dill Pickle Chips

### Tuesday, May 7

#### Grilled Chicken Supreme

Served with Garlic Masked Potatoes and Asparagus

### Wednesday, May 8

#### Meat Lasagna

Served with Ratatouille and Garlic Bread

### Thursday, May 9

#### District Wide In-Service

#### Early-Release Day

High— Breakfast Only

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

### Friday, May 10

#### Steamed Hot Dog

In a whole wheat bun

Sides: New England Baked Beans, Oven Fries, Veggie Sticks

## SAFETY FIRST.



Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" – and not under a tree!

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

## Featured Specials of the Day

### Monday, May 13

#### Pasta Primavera with Chicken

Pasta in a light marinara with vegetables and tender bites of chicken

Served with Garlic Bread

### Tuesday, May 14

#### Tacos al Pastor

Chipotle Adobo Pork or Chicken

Served in a wheat tortilla with Fresh Pico de Gallo,

Lettuce., Cheese and Sour Cream

#### Meatball Sub Marinara

Sides: Caesar Side Salad with Garbonzo Croutons, Lays Fun Chips

### Wednesday, May 15

#### Wave Day Sampler

Chicken Nuggets, Nachos & Cheese, Onion Rings

Sides: Veggie Sticks, Buffalo Hummus Dip

### Thursday, May 16

#### PIZZA FEATURE!

#### Meat Lovers Pizza

Served with sides du jour

### Friday, May 17

#### Popcorn Chicken Bowl

Popcorn Chicken & Gravy  
served with a whole wheat breadstick

Sides: Whipped Mashed Potatoes, Golden Corn

**Don't forget Mom!**  
**Mother's Day is**  
**Sunday, May 12**





## Featured Specials of the Day

### **Monday, May 20**

Grilled Chicken Salad Bowl

Served with Pita Bread

### **Tuesday, May 21**

Meatball Sub Marinara

Sides: Caesar Side Salad with Garbonzo Croutons, Lays Fun Chips

### **Wednesday, May 22**

Teriyaki Chicken Dippers

Rice Pilaf, Stir Fried Vegetables

### **Thursday, May 23**

Best Wishes to our Graduating Seniors!!!

Hot Turkey Wrap

Served with Sweet Potato Fries and Veggie Sticks

### **Friday, May 24**

Crispy Chicken Tenders

Sides: Oven Fries, Mixed Vegetable Medley

### **Monday, May 27**

**MEMORIAL DAY**  **NO SCHOOL TODAY**

### **Tuesday, May 28**

BBQ Jerk Chicken

Served with Jag Rice and Corn Slaw

### **Wednesday, May 29**

Italian Cold Cut Sub

Served with Strawberry Gazpacho Cold Soup

### **Thursday, May 30**

BBQ Pulled Pork in a Corn Bread Bowl

Served with Macaroni & Cheese and Cole Slaw

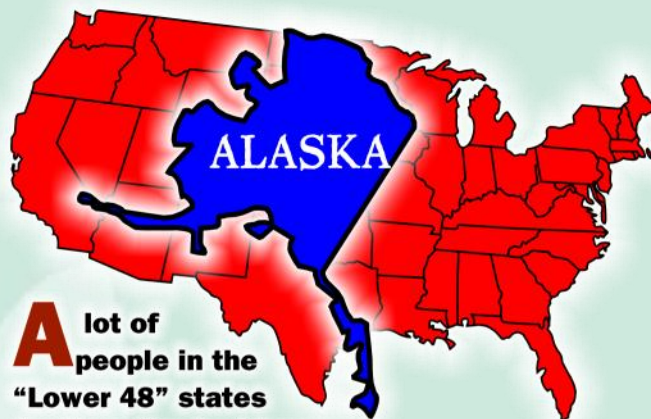
### **Friday, May 31**

Popcorn Chicken Bowl

Popcorn Chicken & Gravy

served with a whole wheat breadstick

Sides: Whipped Mashed Potatoes, Golden Corn



**A** lot of people in the "Lower 48" states don't realize just how gigantic the state of Alaska is! The next three biggest states combined – Texas, California, and Montana – don't equal the size of Alaska. And if you could put Alaska inside the Lower 48 states, this is about what it would look like. The smallest state, Rhode Island, could fit into Alaska 425 times!

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

Congratulations and best of luck to all members of the

# Class of 2019



We'll look forward to seeing (and serving!) the rest of you again next fall.

Thanks for your business this year!

## Featured Specials of the Day

### **Monday, June 3**

Chicken, Broccoli, Ziti Alfredo

Served with Garlic Bread

### **Tuesday, June 4**

PIZZA FEATURE!

Bacon Cheeseburger Pizza

Served with sides du jour

### **Wednesday, June 5**

Asian BBQ Bowl

Chicken or Pork with Stir Fried Vegetables

Served over Rice

### **Thursday, June 6**

Chili Dogs

Served with Oven Fries and Lots of Love

### **Friday, June 7**

Wave GOODBYE Sampler

Chicken Tenders, Nachos & Cheese, Onion Rings

Sides: Veggie Sticks, Buffalo Hummus Dip

**The Menu Items for June 10th through June 13th will be chosen from among your favorites by Chef Will and our nutrition staff.**

# School Meals

*We serve education every day™*