

Menus for March 2018

Abington Public Schools
Beaver Brook

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
Papa Gino's Pizza

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

Friday, March 2
Celebrate Read Across America with a lunch time tribute to Dr. Seuss!!!
Green Eggs n' Ham on a whole wheat English Muffin
Served with
Baked Sweet Potato Wedges
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
Pizza for One!
Personal Pan 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 Soft Whole Wheat
Soft 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

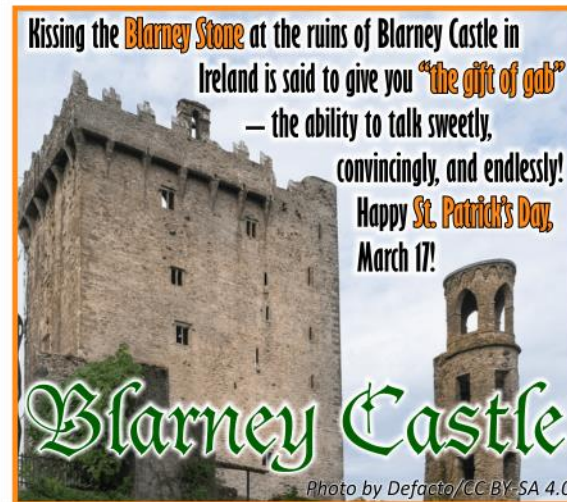
Papa Gino's Pizza

Served with
Caesar Salad with
Garbanzo 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 Soft Whole Wheat
Soft 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

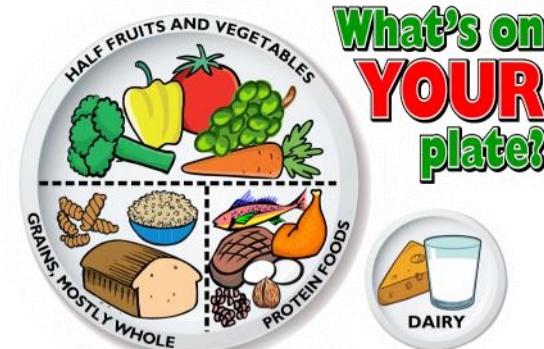
Stuffed Crust Pizza

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

Friday, March 23

Popcorn Chicken Bites

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

Papa Gino's Pizza

Served with
Caesar Salad with
Garbanzo Croutons
Otis Spunkmeyer
Cookie
Fruit of the Day
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