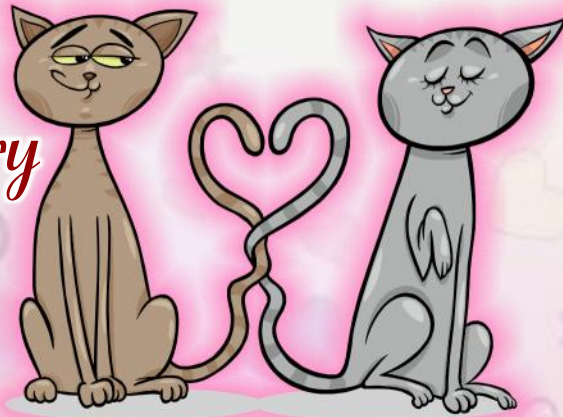


# Menus for February 2019

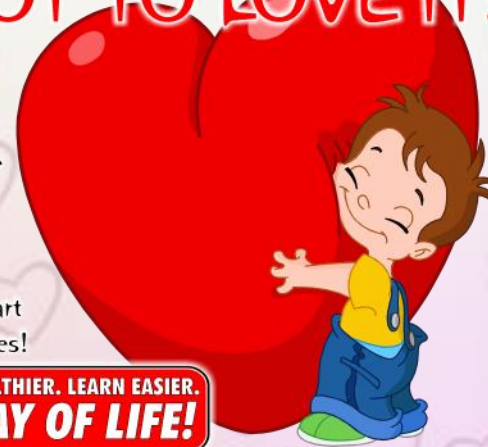
**Abington Public  
Schools  
Beaver Brook**



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

## 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!**

**Friday, February 1**

District-Wide In-service  
Early Release Day

**Pancakes with Syrup**

Served with  
Baked Ham  
Sweet Potato Tots  
Fruit of the Day  
Ice Cold Milk

### YEAR OF THE PIG



**Monday, February 4**

**Crispy Chicken Tenders**

Served with graham crackers

Served with  
Oven Fries  
Steamed Carrots  
Applesauce Cup  
Ice Cold Milk

**Tuesday, February 5**

**Hamburger or Cheeseburger**

on a whole wheat bun

Served with  
Baked Beans  
Lettuce, Tomato & Pickles  
Goldfish Pretzels  
Crazy Dried Cranberries  
Ice Cold Milk

**Wednesday, February 6**

**Pasta & Meatballs**

Served with a whole wheat dinner roll

Served with  
Mixed Vegetable Medley  
Crunchy Fresh Apple  
Ice Cold Milk

**Thursday, February 7**

**PIZZA for ONE!  
Personal Pan Pizza**

Served with  
Caesar Salad with Garbonzo  
Croutons  
Otis Spukmeyer Cookie  
Chilled Peaches  
Ice Cold Milk

**Friday, February 8**

**Popcorn Chicken Bowl**

Served with a whole wheat breadstick

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

**Monday, February 11**

**Chicken Nuggets**

Served with Graham Crackers

Served with  
Rice Pilaf  
Garden Green Beans  
Crazy Dried Cranberries  
Ice Cold Milk

**Tuesday, February 12**

**Hot Diggety Dog**

in a whole wheat bun

Served with  
Baked Beans  
Steamed Carrots  
Chilled Peaches  
Ice Cold Milk

**Wednesday, February 13**

**Creamy Macaroni & Cheese**

Served with corn bread

Served with  
Sweet Peas  
Crunchy Fresh Apple  
Ice Cold Milk

**Thursday, February 14**

**Papa Gino's Pizza**

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

**Friday, February 15**

**Popcorn Chicken Bites**

Served with a soft dinner roll

Served with  
Smiley Fries  
Golden Kernel Corn  
Fruit of the Day  
Ice Cold Milk

*Available Daily*

**Alternate Choices:  
Sal's Cheese Pizza  
Cereal Fun Lunch**

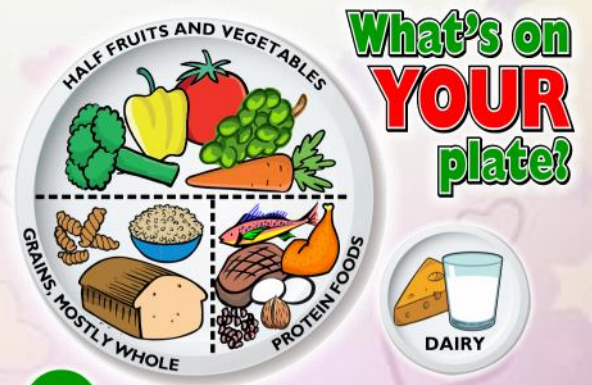
**Fresh Fruit or Juice  
and  
Alternate Vegetables**

# WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911. Happy Presidents Day!



Every complete meal we serve comes with your choice of milk!



What's on YOUR plate?



# It's Winter Break!

Last Day of Classes February 15      Classes Resume February 25

**Q:** Why is fish often prepared and served with lemon?



**A:** Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

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, February 25**  
**Crispy Chicken Tenders**  
 Served with graham crackers

Served with  
 Oven Fries  
 Steamed Carrots  
 Applesauce Cup  
 Ice Cold Milk

**Tuesday, February 26**  
**Hamburger or Cheeseburger**  
 on a whole wheat bun

Served with  
 Baked Beans  
 Lettuce, Tomato & Pickles  
 Goldfish Pretzels  
 Crazy Dried Cranberries  
 Ice Cold Milk

**Wednesday, February 27**  
**Pasta & Meatballs**  
 Served with a whole wheat dinner roll

Served with  
 Mixed Vegetable Medley  
 Crunchy Fresh Apple  
 Ice Cold Milk

**Thursday, February 28**  
 PIZZA for ONE!  
**Personal Pan Pizza**

Served with  
 Garden Green Beans  
 Otis Spukmeyer Cookie  
 Chilled Peaches  
 Ice Cold Milk

## STRANGE BUT TRUE!

DID YOU MISS HIM? WELL, HE'S BACK! LAST YEAR, THERE WAS NO FULL MOON IN THE ENTIRE MONTH OF FEBRUARY. THAT CAN ONLY HAPPEN IN THE MONTH THAT HAS JUST 28 DAYS!