

Menus for January 2019



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

WE HAVE YOUR NEW YEAR'S RESOLUTION

Join us every day for
convenient, economical,
healthy meals!

<u>Breakfast</u>	<u>Lunch</u>
\$1.50	\$2.50

Learn more about free and reduced-price meals: berniedarcy@abingtonps.org (781) 982-2156



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

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

Wednesday, January 2

Chicken Nuggets
Served with Graham Crackers

Served with
Roasted Potato Wedges
Garden Green Beans
Happy New Year Fruit Slush Cup
Ice Cold Milk

Thursday, January 3

Papa Gino's Pizza

Served with
Caesar Salad with Garbonzo
Croutons
Otis Spukmeyer Cookie
Dried Cranberry Pouch
Ice Cold Milk

Friday, January 4

Popcorn Chicken Bowl
Served with a whole wheat breadstick

Served with
Creamy Mashed Potatoes &
Gravy
Golden 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
Available Daily**

Monday, January 7

Crispy Chicken Tenders
Served with graham crackers

Served with
Rice Pilaf
Mixed Vegetable Medley
Applesauce Cup
Ice Cold Milk

Tuesday, January 8

Hot Diggety Dog
in a whole wheat bun

Served with
Baked Beans
Steamed Carrots
Chilled Peaches
Ice Cold Milk

Wednesday, January 9

Creamy Macaroni & Cheese
Served with corn bread

Served with
Sweet Peas
Crunchy Fresh Apple
Ice Cold Milk

Thursday, January 10

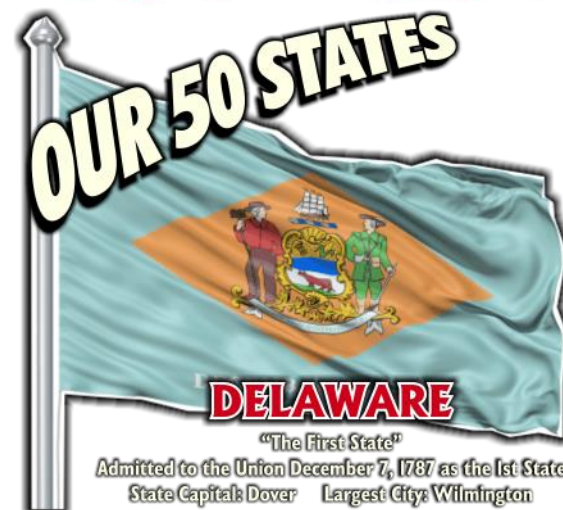
PIZZA for ONE!
Personal Pan Pizza

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

Friday, January 11

Popcorn Chicken Bites
Served with a soft dinner roll

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



Monday, January 14

Chicken Nuggets

Served with Graham Crackers

Served with
Roasted Potato Wedges
Garden Green Beans
Crazy Dried Cranberries
Ice Cold Milk

Tuesday, January 15

Hot Diggety Dog

in a whole wheat bun

Served with
Baked Beans
Steamed Carrots
Chilled Peaches
Ice Cold Milk

Wednesday, January 16

Pasta & Meatballs

Served with a whole wheat dinner roll

Served with
Mixed Vegetable Medley
Crunchy Fresh Apple
Ice Cold Milk

Thursday, January 17

Papa Gino's Pizza

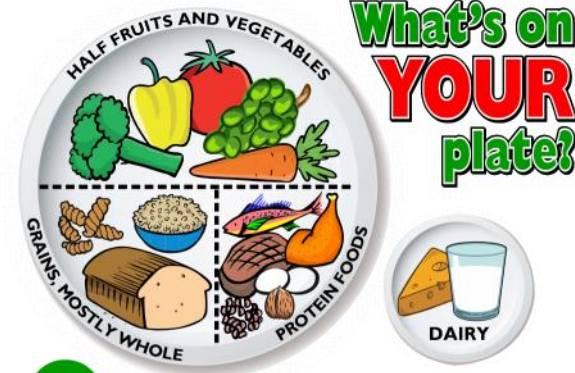
Served with
Caesar Salad with Garbonzo
Croutons
Otis Spunkmeyer Cookie
Mixed Fruit Cup
Ice Cold Milk

Friday, January 18

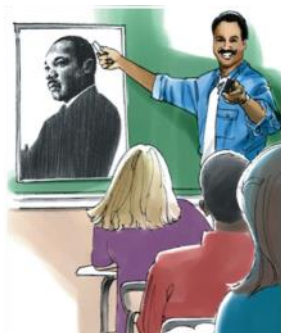
Popcorn Chicken Bowl

Served with a whole wheat breadstick

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



Q • How can you tell if your beans need a shower?!



School will be closed Monday, January 21 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 22

Popcorn Chicken Bites

Served with a soft dinner roll

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

Wednesday, January 23

Hamburger or Cheeseburger

on a whole wheat bun

Served with
Baked Beans
Lettuce, Tomato & Pickles
Goldfish Pretzels
Applesauce Cup
Ice Cold Milk

Thursday, January 24

Stuffed Crust Pizza

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

Friday, January 25

**In-Service Day
Early Dismissal**
Our teachers are busy sharpening their skills for you!



Pancakes with Syrup

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



A: Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, January 28

Chicken Nuggets

Served with Graham Crackers

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

Tuesday, January 29

Hot Diggety Dog

in a whole wheat bun

Served with
Baked Beans
Steamed Carrots
Chilled Peaches
Ice Cold Milk

Wednesday, January 30

Creamy Macaroni & Cheese

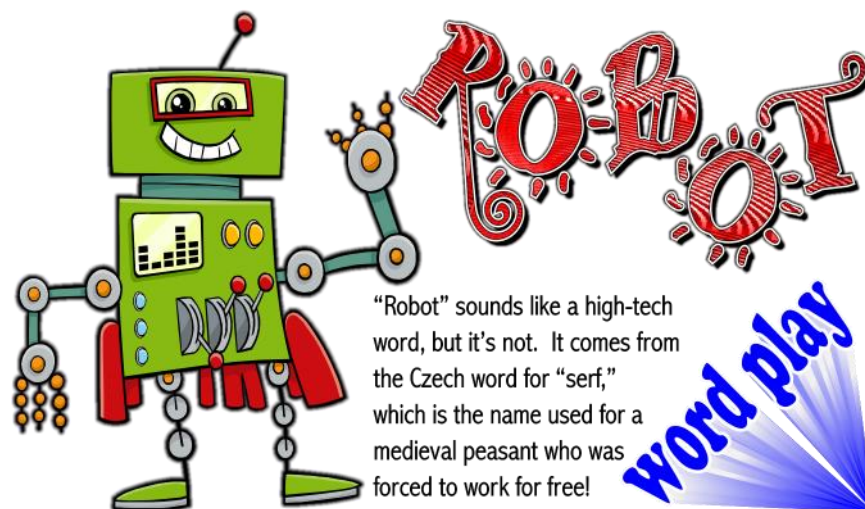
Served with corn bread

Served with
Sweet Peas
Crunchy Fresh Apple
Ice Cold Milk

Thursday, January 31

Papa Gino's Pizza

Served with
Caesar Salad with Garbonzo
Croutons
Otis Spunkmeyer Cookie
Mixed Fruit Cup
Ice Cold Milk



"Robot" sounds like a high-tech word, but it's not. It comes from the Czech word for "serf," which is the name used for a medieval peasant who was forced to work for free!