

# Menus for March 2019

**ABINGTON PUBLIC SCHOOLS      BEAVER BROOK**

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



**SCHOOL BREAKFAST**  
**START YOUR ENGINES!**

Free Lunch students **ALSO** receive free breakfast!  
 Reduced only 30 cents      Full Pay \$1.50

Like to read?



Don't keep it under your hat!

March 1 is "Read Across America" Day in honor of Dr. Seuss's Birthday (March 2)

**Friday, March 1**

Celebrate Read Across America with a lunch time tribute to Dr. Seuss!!!

**Green Eggs n' Ham**  
 on a whole wheat English Muffin

or  
**Popcorn Chicken Bowl**  
 served with a whole wheat breadstick

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

**Monday, March 4**

**Chicken Nuggets**  
 Served with Graham Crackers

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

**Tuesday, March 5**

**Wild Mike's Cheesy Bites**  
 Soft Crust filled with Mozzarella Cheese

Served with  
 Warm Marinara for Dipping  
 Cucumber Wheels  
 Crunchy Fresh Apple  
 Ice Cold Milk

**Wednesday, March 6**

**Hot Diggety Dog**  
 in a whole wheat bun

Served with  
 Baked Beans  
 Steamed Carrots  
 Chilled Peaches  
 Ice Cold Milk

**Thursday, March 7**

District-Wide In-service  
 Early Release Day

**Pancakes with Syrup**

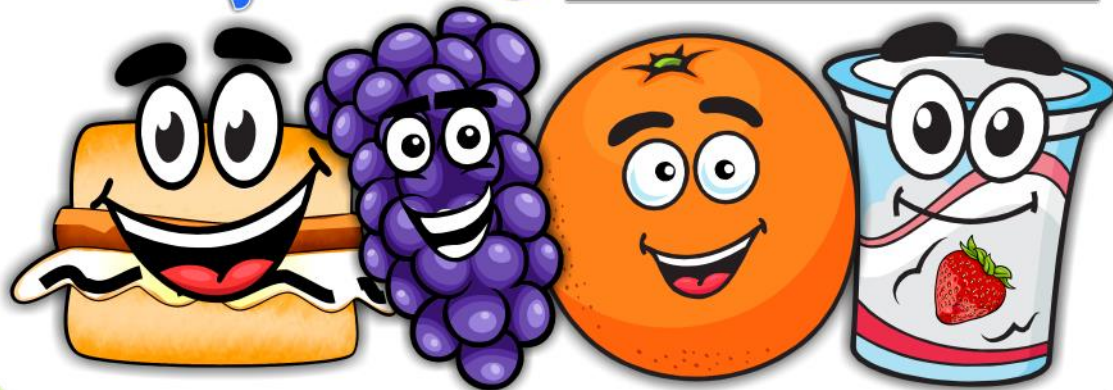
Served with  
 Baked Ham  
 Sweet Potato Fries  
 Chilled Pears  
 Ice Cold Milk

**Friday, March 8**

**Papa Gino's Pizza**

Served with  
 Caesar Salad with Garbonzo  
 Croutons  
 Otis Spukmeyer Cookie  
 Fruit of the Day  
 Ice Cold Milk

come join us for **Breakfast@School**



**AVAILABLE DAILY**

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

Fresh Fruit or Juice  
 and  
 Alternate Vegetables

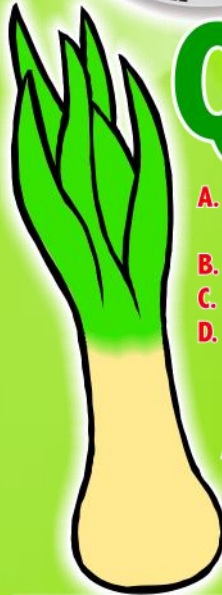
**Spring Forward**



**Sunday, March 10**



# What's on YOUR plate?



## Q: What can you do with a LEEK?!

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

**A:** The answer is D – none of the above. The other choices are all **LEAKS**, not **LEEKs**! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

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)

## MANY MOONS

Native Americans had special names for every full moon of the year. One name for this month's full moon is the "Full Crust Moon," because by March snow cover is melting during the day and re-freezing and crusting over by night.

**Monday, March 11**

**Crispy Chicken Tenders**  
Served with graham crackers

Served with  
Rice Pilaf  
Mixed Vegetable Medley  
Chilled Peaches  
Ice Cold Milk

**Tuesday, March 12**

**Hamburger or Cheeseburger**  
on a whole wheat bun

Served with  
Baked Beans  
Lettuce, Tomato & Pickles  
Goldfish Pretzels  
Chilled Pears  
Ice Cold Milk

**Wednesday, March 13**

**Pasta & Meatballs**  
Served with a whole wheat dinner roll

Served with  
Green Beans  
Crunchy Fresh Apple  
Ice Cold Milk

**Thursday, March 14**

**NATIONAL PI DAY  
Personal Pizza Pie**

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

**Friday, March 15**

**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, March 18**

**Oven Fried Chicken Drumstick**

Served with  
Creamy Mashed Potatoes  
Butternut Squash  
Chilled Mixed Fruit  
Ice Cold Milk

**Tuesday, March 19**

**Macho Nacho Lunch**  
Crispy Tortilla Chips  
Seasoned Taco Meat & Cheese Sauce

Served with  
Black Bean Salsa  
Fiesta Corn  
Applesauce Cup  
Ice Cold Milk

**Wednesday, March 20**

**Hot Diggety Dog**  
in a whole wheat bun

Served with  
Baked Beans  
Steamed Carrots  
Lays Fun Chips  
Chilled Peaches  
Ice Cold Milk

**Thursday, March 21**

**Papa Gino's Pizza**

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

**Friday, March 22**

**Popcorn Chicken Bites**  
Served with a soft dinner roll

Served with  
Smiley Fries  
Peas & Carrots  
Fruit of the Day  
Ice Cold Milk

**Monday, March 25**

**Chicken Nuggets**  
Served with Graham Crackers

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

**Tuesday, March 26**

**Hamburger or Cheeseburger**  
on a whole wheat bun

Served with  
Baked Beans  
Lettuce, Tomato & Pickles  
Goldfish Pretzels  
Orange Smiles  
Ice Cold Milk

**Wednesday, March 27**

**Creamy Macaroni & Cheese**  
Served with corn bread

Served with  
Sweet Peas  
Crunchy Fresh Apple  
Ice Cold Milk

**Thursday, March 28**

**Popcorn Chicken Bowl**  
Served with a whole wheat breadstick

Served with  
Creamy Mashed Potatoes & Gravy  
Golden Corn  
Applesauce  
Ice Cold Milk

**Friday, March 29**

District-Wide In-service  
Early Release Day

**Pancakes with Syrup**

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