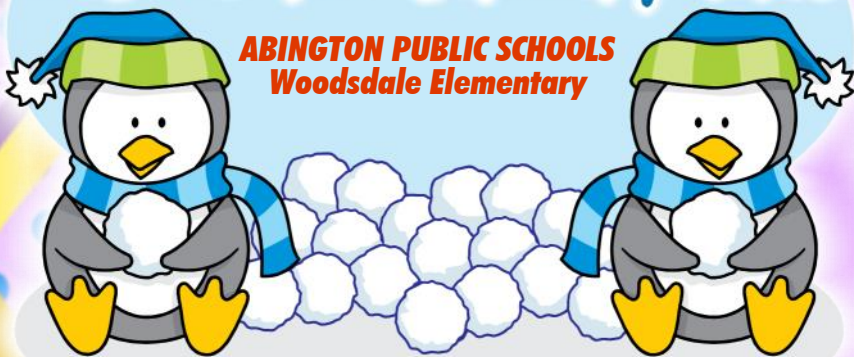


# Menus for January 2018

**ABINGTON PUBLIC SCHOOLS**  
Woodsdale Elementary



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

2018  
**Make a Resolution To Save**

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

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

Get in touch with us today to learn more about free and reduced-price meals in our district:  
781-982-2156 berniedarcy@abingtonps.org



*Happy New Year and Welcome Back!*  
*We hope you enjoyed your break!*

## Tuesday, January 2

*Tenders & Tots*  
Crispy Chicken Tenders with Potato Tots  
Glazed Carrots  
Crunchy Fresh Apple  
Ice Cold Milk

### Alternative Choices:

Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

## Wednesday, January 3

Hot Diggity Dog  
Baked Beans  
Dill Pickle Chips  
Chilled Peach Cup  
Ice Cold Milk

### Alternative Choices:

Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

## Thursday, January 4

Papa Gino's Pizza!  
Caesar Salad w/ Garbonzo Croutons  
Otis Spunkmeyer Cookie  
Juicy Orange Smiles  
Ice Cold Milk

### Alternative Choices:

Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

## Friday, January 5

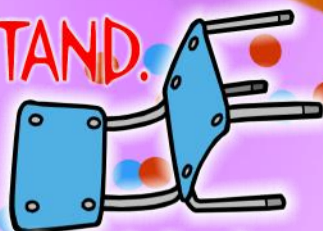
Popcorn Chicken Bowl  
Creamy Mashed Potatoes with Golden Corn, Gravy and Popcorn Chicken  
Served with a Whole Wheat Breadstick  
Fruit of the Day  
Ice Cold Milk

### Alternative Choices:

Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

## TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Kids aged 8-18 sit for 4.5 hours a day at school - and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.



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

## Monday, January 8

Chicken Nuggets  
Cheesy Rice  
Steamed Broccoli  
Mixed Fruit  
Ice Cold Milk

### Alternative Choices:

Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

## Tuesday, January 9

*Souper Tuesday!*  
Homemade Chicken Vegetable  
Minestrone Soup served with a Toasted Cheese Sandwich  
Cucumber Wheels  
Sweet Apple Pouch  
Ice Cold Milk

### Alternative Choices:

Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

## Wednesday, January 10

Hamburger or Cheeseburger on a Whole Wheat Roll  
Grilled Peppers and Onions  
Sweet Strawberry Cup  
Ice Cold Milk

### Alternative Choices:

Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

## Thursday, January 11

*Pizza for One!*  
Personal Pan Pizza  
Caesar Salad with Garbonzo Croutons  
Otis Spunkmeyer Cookie  
Juicy Orange Smiles  
Ice Cold Milk

### Alternative Choices:

Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

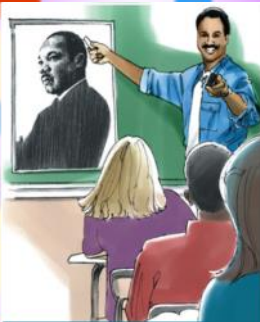
## Friday, January 12

Popcorn Chicken Bites  
Oven Fries  
Green Beans  
Fruit of the Day  
Ice Cold Milk

### Alternative Choices:

Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch





School will be closed Monday, January 15 in recognition of Martin Luther King, Jr.'s birthday.

**Tuesday, January 16**

**Taco Tuesday!**  
Soft Tortilla Shell with Taco Meat, Shredded Cheese, Lettuce & Black Bean Salsa, Cinnamon Applesauce, Ice Cold Milk

Alternative Choices:  
Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

**Wednesday, January 17**

Creamy Mac & Cheese  
Steamed Broccoli  
Fun & Fruity Jello  
Ice Cold Milk

Alternative Choices:  
Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

**Thursday, January 18**

Papa Gino's Pizza!  
Caesar Salad with Garbonzo Croutons  
Otis Spunkmeyer Cookie  
Juicy Orange Smiles  
Ice Cold Milk

Alternative Choices:  
Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

**Friday, January 19**

Popcorn Chicken Bowl  
Student Favorite featuring Mashed Potatoes, Golden Corn, Gravy & Popcorn Chicken!  
Served with a Breadstick.  
Fruit of the Day  
Ice Cold Milk

Alternative Choices:  
Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

**NUTRITION TO GO**

The "wrap" was born when someone looked at Mexican favorites like the burrito and figured out that you could roll up just about any combo of tasty treats in a tortilla. U.S. tortilla sales, just \$1 billion in 1990, are now \$12 billion per year, including lots of healthier, fiber-rich options. In fact, tortillas are now the most popular bread in America!

**A QUICK BITE FOR PARENTS**

**Monday, January 22**

Crispy Chicken Nuggets  
Smiley Fries  
Steamed Green Beans  
Chilled Pears  
Ice Cold Milk

Alternative Choices:  
Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

**Tuesday, January 23**

Pasta & Meatballs  
Mixed up Vegetables  
Chilled Peach Cup  
Ice Cold Milk

Alternative Choices:  
Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

**Wednesday, January 24**

Hot Diggity Dog  
Baked Beans  
Dill Pickle Chips  
Sweet Apple Pouch  
Ice Cold Milk

Alternative Choices:  
Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

**Thursday, January 25**

Stuffed Crust Pizza  
Caesar Salad with Garbonzo Croutons  
Otis Spunkmeyer Cookie  
Juicy Orange Smiles  
Ice Cold Milk

Alternative Choices:  
Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

**Friday, January 26**

**District Wide  
Early Release Day**

Pancakes w/ Syrup  
Sweet Potato Tots  
Baked Ham  
Fruit of the Day  
Ice Cold Milk

**Monday, January 29**

Popcorn Chicken Bites  
Oven Fries  
Glazed Carrots  
Fresh Apple  
Ice Cold Milk

Alternative Choices:  
Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

**Tuesday, January 30**

Hamburger or Cheeseburger  
Pretzel Twist with Hummus Dip  
Cantaloupe Cubes  
Ice Cold Milk

Alternative Choices:  
Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

**Wednesday, January 31**

**Chicken N' Waffles**  
Crispy Chicken Tenders with Waffles & Syrup!  
Crunchy Celery Sticks  
Applesauce  
Ice Cold Milk

Alternative Choices:  
Sal's Cheese Pizza  
Tortilla Chip & Salsa Lunch  
Bagel & Yogurt Lunch  
Cereal Fun Lunch

**THE ORIGINAL  
ROCK STARS**

Sixty-foot high sculptures of four presidents' faces are carved on Mount Rushmore in the Black Hills of South Dakota. Which four presidents are they?

A: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln

**WILD SCIENCE**

**Grow an Avocado Tree!**

**You'll Need:**  
✓ an avocado seed  
✓ a glass jar  
✓ 3 toothpicks

A whole lot of avocados are sold this time of year, because this fruit is the key ingredient in guacamole, a favorite Super Bowl snack. The avocado has a big round seed in the middle that you can grow a tree from!

- Place the rinsed seed (fatter end down) over a water-filled glass with the toothpicks. The water should cover about an inch of the seed.
- Place it in a warm location, out of direct sunlight. The seed will crack, and roots and stem will sprout in about 2-6 weeks.
- When the stem grows to 6 inches or so, cut it half way back. When the stem has leaved out again, plant it in a rich soil, with half of the seed sticking up above the surface.
- Water your avocado house plant generously, but let it dry out somewhat between waterings. The more sunlight your house plant gets, the better.