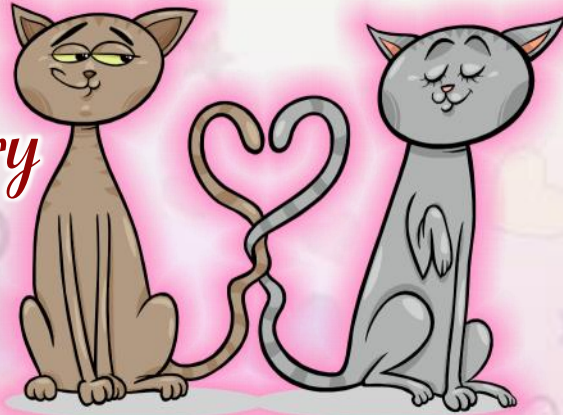


Menus for February 2019

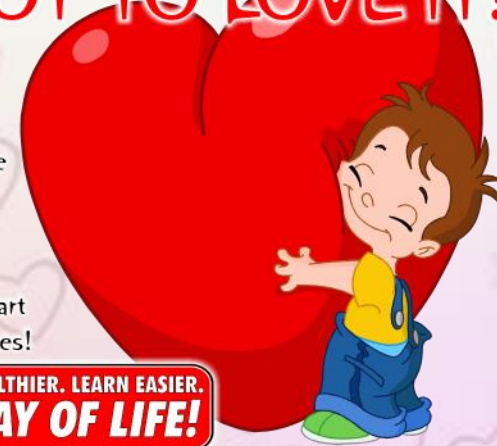
**Abington Public
Schools
Woodsdale**



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
Rice Pilaf
Mixed Vegetable Medley
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

Papa Gino's Pizza

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

**PIZZA for ONE!
Personal Pan 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
**Sun Butter & Jelly Sandwich
Lunch**
**Fresh Fruit or Juice
and
Alternate Vegetables
Available Daily**

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?

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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



It's Winter Break!

Last Day of Classes February 15 Classes Resume February 25

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

Papa Gino's 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!

