

# Menus for January 2019



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



## 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!**

### 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

#### Papa Gino's 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

### 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

#### PIZZA for ONE! Personal Pan 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

# WE HAVE YOUR NEW YEAR'S RESOLUTION

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

Breakfast Lunch  
**\$1.50** **\$2.50**

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

## Available Daily

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

**Fresh Fruit or Juice**  
**and**  
**Alternate Vegetables**  
**Available Daily**





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

**Stuffed Crust 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

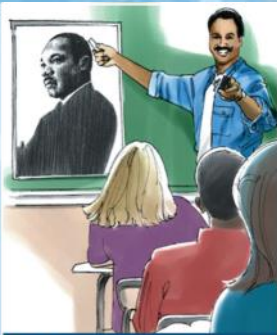


**Q** • How can you tell if your beans need a shower?!



**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



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

**Papa Gino's 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

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**

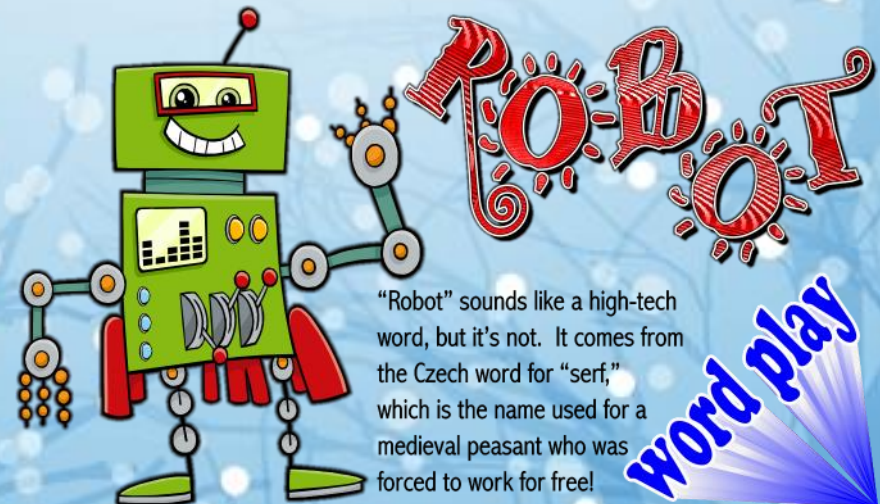
Served with corn bread

Served with  
Sweet Peas  
Crunchy Fresh Apple  
Ice Cold Milk

Thursday, January 31

**French Bread 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!