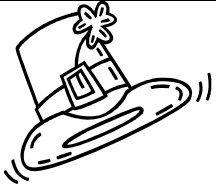


ABINGTON MARCH MENU 2010



Monday	Tuesday	Wednesday	Thursday	Friday
Pizza is served daily as an Alternate Lunch Grades 1-12				
1 Cal/Fat 1111/40 Chicken Bowl Popcorn Chicken, Mashed Potato, Corn, Gravy, and Shredded Cheese Applesauce Rudi Bread Stick Milk	2 Cal/Fat 718/26 Steak and Cheese Sub Baked Fries Carrots Sauté Onions & Peppers Pears Milk	3 Cal/Fat 779/27 Taco on Soft Shell Lettuce & Tomato Salsa & Shredded Cheese Sour Cream Corn Peaches Milk	4 Cal/Fat 730/11 INSERVICE DAY French Toast Sausage Links Syrup Applesauce Fruit Punch Milk	5 Cal/Fat 737/26 Spicy Chicken on a Roll Corn Chips Carrot & Celery Sticks Ranch Dressing Peaches Milk
8 Cal/Fat 1003/29 Chicken Tenders Carrots Mashed Potato and gravy Pears Two Slices of Whole Wheat Bread Milk	9 Cal/Fat 899/26 Great Hamburger or Cheeseburger On a Roll Ketchup Baked Fries Green Beans Apple Milk	10 Cal/Fat 1199/21 Pasta w/ Meat Sauce Green Beans French Bread Grated Cheese Chocolate Pudding	11 Cal/Fat 926/27 Baked Pork Patty Mashed Potato Gravy Peas Dinner Roll Chocolate Cake w Choc Frosting Milk	12 Cal/Fat 706/21 Our Own Homemade Cheese Pizza or Bacon Pizza Tossed Salad with French Dressing Graham Crackers Raisin Milk
15 Cal/Fat 794/24 Steamed Hot Dog on a Roll Mustard and Relish Baked Beans Cape Cod Potato Chips Fresh Apple	16 Cal/Fat 899/26 Deli Turkey On a Roll Potato Puffs Fruit Milk	17 Cal/Fat 1111/40 Chicken Bowl Popcorn Chicken, Mashed Potato, Corn, Gravy Fruit Rudi Bread Stick Milk	18 Cal/Fat 999/44 Satisfying Chicken Noodle Soup Grilled Cheese Sandwich Green Beans Pretzel s Black & White Bar Milk	19 Cal/Fat 706/21 Our Own Homemade Pizza Tossed Salad with French Dressing Mini Rice Krispie Treats Raisin Milk
22 Cal/Fat 925/31 Golden Chicken Nuggets Baked Fries Carrots Dipping Sauce Peaches Two Slices of Whole Wheat Bread Milk	23 Cal/Fat 797/36 Chicken Parmesan. Sandwich Green Beans Bag of Pretzels Apple Sauce Milk	24 Cal/Fat 779/27 Taco on Soft Shell Lettuce & Tomato Salsa & Shredded Cheese Sour Cream Corn Peaches Fruit Snacks Milk	25 Cal/Fat 762/21 Asian Chicken Rice Pilaf Broccoli Multi Grain Roll Pineapple Milk Chocolate Chip Cookie	26 Cal/Fat 737/26 Spicy Chicken on a Roll Pretzels Carrot & Celery Sticks Ranch Dressing Peaches Milk
29 Cal/Fat 899/26 Great Hamburger or Cheeseburger On a Roll Ketchup Potato Puffs Green Beans Milk	30 Cal/Fat 1111/40 Chicken Bowl Popcorn Chicken, Mashed Potato, Corn, Gravy Applesauce Rudi Bread Stick Milk	31 Cal/Fat 795/16 Baked Potato Broccoli & Cheese Chili Fruit Bread Stick Milk		PRE PAY FOR THE MONTH OF MARCH \$51.75

Lunch \$2.25, Milk \$.50
fresh fruit served with lunches

Choice of milk served with all lunches:

Chocolate 150/25
1% Milk 110/25
Skim Milk 90/0
Coffee 145/25
Strawberry 145/25

A La Carte Grade 1-12
100% Juice Cups or Water .50
Ice Cream .75
Fruit .50

ALTERNATE LUNCH
Grade 3-12 and Staff only

March 1-5
Greek Salad or
Yogurt, cheese stick, and a bagel
March 2*ECC Only*****
Dr. Seuss' Birthday Celebration
Green Eggs and Ham

March 8- 11
Caesar Salad or
Jump Start(cereal box)
March 22-26
Taco Salad or
Tuna Salad Sandwich

March 29-31
Greek Salad or
Ham and Cheese Sub
All Salads Served with Whole Wheat Pita