

# MAY 2010

# ABINGTON PUBLIC SCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>PRE PAY FOR THE MONTH OF MAY \$42.75</b></p>				
<p><b>WELLNESS IS OUR GOAL! ENJOY FARM FRESH FRUITS AND VEGETABLES FROM LOCAL FARMS AND HEALTHY FOODS.</b></p> 				
<p>3 Cal/Fat 925/31 <b>Golden Chicken Nuggets</b> Baked Fries Carrots Dipping Sauce Peaches Two Slices of Whole Wheat Bread Milk</p>	<p>4 Cal /Fat 779/27 <b>Taco on Soft Shell</b> Lettuce &amp; Tomato Salsa &amp; Shredded Cheese Corn Apple Juice Milk</p>	<p>5 Cal/ Fat 730/11 <b>INSERVICE DAY</b> <b>French Toast</b> Sausage Links Syrup Applesauce Orange Juice Milk</p>	<p>6 Cal/Fat 726/21 <b>Teriyaki Chicken</b> Rice Pilaf Peas Dinner Roll Pineapple Chocolate Cake Milk</p>	<p>7 Cal/Fat 706/21 <b>Ginny's Homemade Pizza</b> Tossed Salad with French Dressing Graham Cracker Raisin Milk</p>
<p>10 Cal/Fat 794/24 <b>Steamed Hot Dog on a Roll</b> Mustard and Relish Baked Beans Cape Cod Potato Chips Fresh Apple Milk</p>	<p>11 Cal/ Fat 1111/ 40 <b>Chicken Bowl</b> Popcorn Chicken, Mashed Potato, Corn, Gravy Pears Rudi Bread Stick Milk</p>	<p>12 Cal/ Fat 926/17 <b>Chicken Patty</b> Mashed Potato &amp; Gravy Multi Grain Roll Apple Sauce Peas Milk</p>	<p>13 Cal/Fat 999/44 Satisfying Chicken Noodle Soup <b>Grilled Cheese Sandwich</b> Green Beans Pretzel s Chocolate Pudding with Oreo Cookie Topping Milk</p>	<p>14 Cal/Fat 737/26 <b>Favorite Spicy Chicken on a Roll</b> Carrot &amp; Celery Sticks Ranch Dressing Orange Pretzels Milk</p>
<p>17 Cal/Fat 925/31 <b>Golden Chicken Nuggets</b> Baked Fries Carrots Dipping Sauce Peaches Two Slices of Whole Wheat Bread Milk</p>	<p>18 Cal/Fat 899/26 <b>Deli Turkey Sandwich</b> Lettuce, Tomato, and Mayonnaise Puffs Chocolate Pudding Raisin Milk</p>	<p>19 Cal /Fat 779/27 <b>Taco on Soft Shell</b> Lettuce &amp; Tomato Salsa &amp; Shredded Cheese Corn Apple Juice Milk</p>	<p>20 Cal/Fat 899/26 <b>Hamburger or Cheeseburger</b> On a Roll Ketchup Baked String Fries Green Beans Black &amp; White Bar Milk</p>	<p>21 Cal/Fat 706/21 <b>Ginny's Homemade Pizza</b> Tossed Salad with French Dressing Graham Cracker Raisin Milk</p>
<p>24 Cal/ Fat 926/17 <b>Chicken Patty</b> Mashed Potato &amp; Gravy Multi Grain Roll Apple Sauce Peas Milk</p>	<p>25 Cal/Fat 718/26 <b>Steak and Cheese Sub</b> Cape Cod Chips Green Beans Saute Onions and Peppers Grape Juice Milk</p>	<p>26 Cal/ Fat 1111/ 40 <b>Chicken Bowl</b> Popcorn Chicken, Mashed Potato, Corn, Gravy Applesauce Rudi Bread Stick Milk</p>	<p>27 Cal/Fat 999/44 Satisfying Chicken Noodle Soup <b>Grilled Cheese Sandwich</b> Green Beans Pretzel s Brownie Milk</p>	<p>28 Cal/Fat 737/26 <b>Favorite Spicy Chicken on a Roll</b> Carrot &amp; Celery Sticks Ranch Dressing Pears Pretzels Milk</p>
<p>31 <b>Memorial Day No School</b></p>	<p><i>The School Committee Meeting will be held on May 25, 2010 in the Cotter Room at the Abington Town Hall @ 7 p.m.</i></p>			<p><a href="http://www.abingtonps.org">www.abingtonps.org</a></p>

**Lunch \$2.25, Milk \$.50**



*Choice of milk served with all lunches:*

**Chocolate** 150/2.5  
**1% Milk** 110/2.5  
**Skim Milk** 90/0  
**Vanilla** 140/ 2.5  
**Coffee** 145/2.5  
**Strawberry** 145/2.5

**100% Juice Cups or Water** 50  
**Ice Cream** .75  
**Fruit** .50

**ALTERNATE LUNCH  
PIZZA FOR GRADES 1-12  
For Grades 3-12**

**May 3-7**

Taco Salad or  
Boxed Cereal lunch (Jump Start)

**May 10-14**

Caesar Salad  
**May 17-21**  
Greek Salad or  
Tuna Salad Roll

**May 25-28**

Taco Salad  
Ham and Cheese Sub

**All Salads Served with Whole Wheat Pita**