



Abington

K-4

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

Thursday, June 1

Nuggets and Nachos

Chicken Nuggets with Nacho Chips, Cheese Sauce
Bean and Salsa Dip

OR

Tortilla Chips with hummus and salsa

Friday, June 2

Personal Pan Pizza

Cucumber Wheels

OR

Wheat bagel with yogurt and cheese stick Chocolate Chip Cookie

NUMBERS GAME.

30 SPF sunscreen provides about the same protection from sunburn and skin damage as higher numbers. What's important is to get good skin coverage, reapply at least every 2 hours (more frequently when swimming or exercising), and choose sunscreen that provides "broad-spectrum" or "UVA/UVB" protection.



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

Monday, June 5

Chicken and Waffles

Two favorites!!
Crispy Chicken Fingers with warm waffles & syrup
Applesauce Cups

OR

Sal's Cheese Pizza Slice

Tuesday, June 6

Hamburger or Cheeseburger

Seasoned Wedges
Mixed Vegetable

OR

Wheat bagel with yogurt and cheese stick

Wednesday, June 7

Early Release

Pancakes w/syrup
Sliced Ham

Thursday, June 8

It's **Papa Gino's** Time:

OR

Tortilla Chips with hummus and salsa

Friday, June 9

Popcorn Chicken

Mashed Potato & gravy
WW bread stick & corn

OR

Wheat bagel with yogurt and cheese stick Carnival Cookie



Monday, June 12

Chicken Tenders w/ sauce

Oven Fries
Carrots

OR

Sal's Cheese Pizza Slice

Tuesday, June 13

Macaroni and Cheese

Cornbread
Green Beans

OR

Wheat bagel with yogurt and cheese stick

Wednesday, June 14

Chicken Patty on Whole Wheat Bun

Potato Rounds
Peas & Carrots

OR

Sal's Cheese Pizza Slice

Thursday, June 15

Hot Diggity Dog

Baked Beans
Chips

OR

Tortilla Chips with hummus and salsa

Friday, June 16

Ham & Cheese Subs

Baby Carrots
Chips

OR

Wheat bagel with yogurt and cheese stick

