# JANUARY 2024

Breakfast & Lunch Free for all Students

## Abington Middle & High Schools

Questions? jeanconnon@abingtonps.org

**Menu Subject to change based on unforeseen product shortages and delivery delays.**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 1<br>NO SCHOOL<br>  <br> | 2<br>**Bacon Cheeseburger** 28.5g<br>served with<br>Oven Fries 20g | 3<br>**Grilled Cheese Sandwich** 31g<br>served with<br>Potato Chips 9g | 4<br>**Popcorn Chicken Bowl** 54g<br>Creamy Mashed Potatoes & Gravy<br>Golden Corn | 5<br>**Pasta with Meat Sauce** 51g<br>served with<br>a warm Garlic Knot Roll 18g |
| 8<br>**Hot Dog in a Bun*** 26g<br>served with Baked Beans 20g<br>& Oven Fries 20g | 9<br>**Orange Chicken** 40g<br>Breaded Chicken tossed in<br>Zesty Orange Sauce<br>served with Rice 20g<br>& Broccoli 5g | 10<br>**Meatball Sub Marinara** 43g<br>served with Lay's Chips 9g | 11<br>*EARLY RELEASE*<br>*Brunch served Middle School Only*<br>**Pancakes with Syrup 20g**<br>Turkey Bacon 0g<br>Sweet Potato Fries 19g | 12<br>**Chicken Alfredo** 62g<br>Tender Strips of Chicken, Broccoli &<br>Pasta tossed in<br>Creamy Alfredo Sauce |
| 15<br>NO SCHOOL<br>Martin Luther King Jr. Day | 16<br>**Soft Tacos** 40g<br>Twin Tacos with Seasoned Meat,<br>Shredded Cheese, Lettuce 1g,<br>Salsa16g & Sour Cream 2g served<br>with Cilantro Lime Rice 20g<br>& Spicy Black Beans 30g | 17<br>**Grilled Cheese Sandwich** 31g<br>served with<br>School Made Chicken Soup 6.2g | 18<br>**Popcorn Chicken Bowl** 54g<br>Creamy Mashed Potatoes & Gravy<br>Golden Corn | 19<br>**Pasta with Meat Sauce** 51g<br>served with<br>a warm Garlic Knot Roll 18g |
| 22<br>**Chik'N Waffles**<br>Crispy Chicken Tenders16g<br>served with Waffles 24g & Syrup 30g | 23<br>**Orange Chicken** 40g<br>Breaded Chicken tossed in<br>Zesty Orange Sauce<br>served with Rice 20g<br>& Broccoli 5g | 24<br>**Meatball Sub Marinara** 43g<br>served with Lay's Chips 9g | 25<br>**Breaded Chicken Drumstick**<br>5g<br>Baby Baked Potatoes 15g<br>& Peas & Carrots 8.5g | 26<br>**Chicken Alfredo** 62g<br>Tender Strips of Chicken, Broccoli &<br>Pasta tossed in<br>Creamy Alfredo Sauce |
| 29<br>**Hot Dog in a Bun*** 26g<br>served with Baked Beans 20g<br>& Oven Fries 20g | 30<br>**Soft Tacos** 40g<br>Twin Tacos with Seasoned Meat,<br>Shredded Cheese, Lettuce 1g,<br>Salsa16g & Sour Cream 2g served<br>with Cilantro Lime Rice 20g<br>& Spicy Black Beans 30g | 31<br>**Grilled Cheese Sandwich** 31g<br>served with<br>School Made Tomato Soup 16g | | |

***NOTE:*** *Carbohydrate counts are based on information obtained from manufacturers and your food provider's recipes and may vary due to product substitution and/or recipe variations. This information serves only as a general guideline and should not be solely relied upon for those with a medical condition*

**ALTERNATE CHOICES**

Pizza Feature average 34g  Spicy Chicken 39g  Crispy Chicken 45g  Hamburger 27g  Cheeseburger 29g  *Rib-B-Q 36g  Turkey Sandwich 14g chips 9g  Chicken Caesar Salad 14g
Garden Salad 10g with Cheese 2g  Pita 18g  Fruit, Yogurt & Granola Parfait, or Smoothie 64g

*LACTAID & SOY MILK AVAILABLE*

HOT VEGETABLE du jour and FRUIT & VEGGIE BAR AVAILABLE DAILY WITH ALL LUNCHES

*CONTAINS PORK