

APRIL 2024

ABINGTON MIDDLE & HIGH SCHOOLS

Breakfast & Lunch Free for all Students.

Questions? jeanconnon@abingtonps.org

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Rodeo Burger 57g Cheeseburger topped with Onion Rings BBQ Sauce 10g on the side. served with Oven Fries 20g & Rancho Beans 20g	2 Chicken Fajita 8g Seasoned Fajita-Style Chicken with Grilled Peppers & Onions, Rice 18g, Spicy Black Beans 30g and Queso Blanco 3g Lettuce 1g, Salsa 16g & Sour Cream 2g available on the side.	3 Meatball Sub Marinara 43g served with Lay's Chips 9g	4 Popcorn Chicken Bowl 54g Creamy Mashed Potatoes & Gravy Golden Corn	5 Chicken Teriyaki Stir-Fry 92g served with Lo-Mein
8 Hot Dog in a Bun 26g served with Oven Fries 20g & Rancho Beans 20g	9 Soft Tacos 40g Twin Tacos with Seasoned Meat, Shredded Cheese, served with Yellow Rice 20g & Spicy Black Beans 30g Lettuce 1g, Salsa 16g & Sour Cream 2g available on the side.	10 Grilled Cheese Sandwich 31g served with Lay's Chips 9g	11 Orange Chicken 40g Breaded Chicken tossed in Zesty Orange Sauce served with Rice 20g & Broccoli 5g	12 Pasta with Meat Sauce 51g served with a warm Garlic Knot Roll 18g
15 SPRING VACATION	16 SPRING VACATION	17 SPRING VACATION	18 SPRING VACATION	19 SPRING VACATION
22 Bacon Cheeseburger 28.5 g served with Pretzel Twists 9g and Buffalo Hummus 9g	23 Chicken Fajita 8g Seasoned Fajita-Style Chicken with Grilled Peppers & Onions, Rice 18g, Spicy Black Beans 30g and Queso Blanco 3g Lettuce 1g, Salsa 16g & Sour Cream 2g available on the side.	24 Meatball Sub Marinara 43g served with Lay's Chips 9g	25 Popcorn Chicken Bowl 54g Creamy Mashed Potatoes & Gravy Golden Corn	26 Chicken Alfredo 62g Tender Strips of Chicken, Broccoli & Pasta tossed in Creamy Alfredo Sauce
29 Hot Dog in a Bun 26g served with Oven Fries 20g & Rancho Beans 20g	30 Soft Tacos 40g Twin Tacos with Seasoned Meat, Shredded Cheese, served with Yellow Rice 20g & Spicy Black Beans 30g Lettuce 1g, Salsa 16g & Sour Cream 2g available on the side.			

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