

MARCH 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

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.

4

Rodeo Burger 57g

Cheeseburger topped with Onion Rings BBQ Sauce 10g on the side. served with Oven Fries 20g & Ranchero Beans 20g

5

Chicken Fajita 8g

Seasoned Fajita-Style Chicken with Grilled Peppers & Onions, Rice 18g, Spicy Black Beans 30g and Shredded Cheese 1g Lettuce 1g, Salsa 16g & Sour Cream 2g available on the side.

6

Meatball Sub Marinara 43g

served with Lay's Chips 9g

7

Orange Chicken 40g

Breaded Chicken tossed in Zesty Orange Sauce served with Rice 20g & Broccoli 5g

8

Chicken Alfredo 62g

Tender Strips of Chicken, Broccoli & Pasta tossed in Creamy Alfredo Sauce

11

Bacon Cheeseburger 28.5 g

served with Pretzel Twists 9g and Buffalo Hummus 9g

12

School Made

Chicken Empanada 38g

served with Arroz Amarillo 20g

13

Grilled Cheese Sandwich 31g

served with School Made Tomato Soup 16g

14

Popcorn Chicken Bowl 54g

Creamy Mashed Potatoes & Gravy Golden Corn

15

Pasta with Meat Sauce 51g

served with a warm Garlic Knot Roll 18g

18

Hot Dog in a Bun 26g

served with Oven Fries 20g & Ranchero Beans 20g

19

Early Release

Brunch served Middle School Only

Pancakes 37g with Syrup 20g

Turkey Bacon 0g Sweet Potato Fries 19g

20

Meatball Sub Marinara 43g

served with Lay's Chips 9g

21

Orange Chicken 40g

Breaded Chicken tossed in Zesty Orange Sauce served with Rice 20g & Broccoli 5g

22

Breaded Chicken Drumstick 5g

served with a warm dinner roll 18g, Zesty Garlic Parmesan Rice 25g Fresh Carrots 6g

25

American Chop Suey 51g

Elbow Macaroni Pasta tossed in Meat Sauce served with a Warm Breadstick 22g

26

Soft Tacos 40g

Twin Tacos with Seasoned Meat, Shredded Cheese, served with Cilantro Lime Rice 20g & Spicy Black Beans 30g Lettuce 1g, Salsa 16g & Sour Cream 2g available on the side.

27

Grilled Cheese Sandwich 31g

served with School Made Chicken Soup 6.2g

28

Popcorn Chicken Bowl 54g

Creamy Mashed Potatoes & Gravy Golden Corn

29

Chicken Alfredo 62g

Tender Strips of Chicken, Broccoli & Pasta tossed in Creamy Alfredo Sauce

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