

Made Fresh Daily:

Deli Station featuring Boar's Head Deli Meats
 Grill Station
 Assorted Salads, Smoothies, Wraps, Sandwiches
 (including Peanut Butter and Jelly)
 Pizza

Menu subject to change without notice.

Meal Pricing: Tiered lunch pricing starting at \$2.75 (Reduced \$.40) Breakfast \$1.75 (Reduced \$.30). All meals served with vegetables, fruit and milk. Healthy choice snacks, a la carte items, fruit & water also available for purchase.

Pre-pay online at www.schoolcafe.com/abrsd















Pay by cash or check (AB Food Services) at school.

Apply for Free/Reduced Meals online anytime at: www.schoolcafe.com/abrsd

Visit our website at www.abschools.org/district/food_services



High School – April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	HAPPY FRIDAY!
1  Steak and Cheese Sub on a Whole Wheat Roll with choice of Onions, Peppers, Mushrooms Seasoned Fries Choice of Fruit	2 Try Something New:  Fresh Spinach Bowl with Teriyaki Chicken, Carrots, Grape Tomatoes and Spicy Ranch Dressing Garlic Breadstick Choice of Fruit	3 Build your Own Pho Noodle Bowl made with a Vegetarian Base Chicken, Diced Carrots, Bok Choy, Onions, Basil, Cilantro, Peas, Sprouts Seasonal Fruit 	4 Jr. High and High School Early Release No Lunch Served 	5 Pasta Pot Pasta with Choice of Meat or Marinara Sauce Tender Green Beans Warm Garlic Bread Chilled or Fresh Fruit
8 Top Your Own Chicken Fajita Wrap Cheese, Onions, Lettuce, Peppers, Tomatoes Black Bean Salad Spanish Rice Choice of Fruit 	9 Red Sox Home Opener  Kayem Light Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Oven Baked Fries Choice of Fruit 	10 Try Something New! AB Colonial Sandwich Chicken with a choice of Bacon, Cheese, BBQ Sauce served on a Roll Sidewinder Fries Choice of Fruit	11 Orange Chicken Chicken tossed in a Zesty Orange Sauce Vegetable Egg Roll Vegetable LoMein Fortune Cookie Pineapple Chunks 	12 Little Italy Cheese Lasagna Roll-Ups With a Side of Meatballs Cheesy Garlic Bread Steamed Broccoli Choice of Fruit
15	16	17	18	19
<div style="border: 2px solid purple; border-radius: 15px; padding: 10px; background-color: #e6e6fa;"> <h2 style="margin: 0;">School Vacation Week</h2>  </div>				
22 Earth Day  Chicken Pesto Flatbread Oven Baked Fries Roast Butternut Squash Choice of Fruit	23 Mac and "Cheez It" Macaroni and Cheese with Cheez-It Topping Steamed Broccoli Cheesy Garlic Breadstick Fruit 	24 Local Sustainable Coconut Crusted Red Fish Served in a Tortilla Wrap with Sriracha Mayo Asian Slaw Seasonal Fruit 	25 Nachos Supreme Chicken, Lean Beef or Vegetarian Refried Beans, Queso Cheese Sauce, Romaine, Tomato, Salsa, Corn Choice of Fruit	26 Pasta Pot Pasta with Choice of Meat or Marinara Sauce Tender Green Beans Warm Garlic Bread Chilled or Fresh Fruit
29 Crazy Chicken Bowl Popcorn Chicken, Mashed Potatoes, Corn, and Creamy Gravy Choice of Fruit	30 Burger Bar! Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Romaine, Tomato, Pickle Oven Baked Fries Choice of Fruit 	<div style="border: 1px solid white; padding: 20px; background-color: white; margin: 0 auto; width: 80%;"> <p style="text-align: center;">welcome <i>April</i> </p> </div>		

Gluten Free Turkey and Cheese Wrap in Brown Rice Tortilla is available daily with 24 hr. notice to Café Manager
 Gluten Free pizza is available on Fridays. Place order by Wednesday with Café Manager.

Cafeteria Manager Amy French: afrench@abschools.org

Meals are planned to meet USDA Dietary Guidelines. This institution is an Equal Opportunity provider.

Questions or Comments, please contact Kirsten Nelson, Food Services Director at (978) 264-4700 x3221 or at lunchonline@abschools.org

It's our Pleasure to Serve You!