

**Daily Options:**

Weekly Option  
 Grilled Cheese on Whole Wheat with Tomato Soup  
 Chicken Caesar Salad  
 Bagel with Cream Cheese or Sunbutter and Yogurt  
 Pizza  
 Chicken Patty on Roll (Fri only)  
**Menu Subject to Change without Notice.**



**Elementary Meal Pricing:** Lunch \$2.75 (Reduced \$ .40) Breakfast \$1.75 (Reduced \$.30). All meals served with veggies, fruit and choice of milk.  
 Healthy Choice Snacks, A la carte items, Fruit & Water available for purchase.  
 Pre-pay Online at [www.schoolcafe.com/abrsd](http://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](http://www.schoolcafe.com/abrsd)

Visit our website at [www.abschools.org/district/food\\_services](http://www.abschools.org/district/food_services)

# McTowne School – January 2019

| WEEKLY OPTIONS   | MONDAY   | TUESDAY  | WEDNESDAY   | HAPPY FRIDAY!  |
|--|--|--|---|--|
| <b>Faculty Salad:</b><br>Chicken Caesar Salad<br><b>Weekly Option:</b><br>Fish Patty with Cheese on a Sub Roll                             |  | <b>1 Happy New Year</b><br>  | <b>2 Back to School</b><br><b>Brunch for Lunch</b><br>French Toast Sticks<br><b>Try something new –</b><br><b>Jones Chicken Sausage</b><br><b>Dragon Juice</b><br>Fruit | <b>4 Pizza Party</b><br><b>Stuffed Crust Pizza</b><br>Cheese, Veggie,<br>Pepperoni<br>Fresh Garden Salad<br>Chilled or Fresh Fruit                                   |
| <b>Faculty Salad:</b><br>Greek Salad with Chicken<br><b>Weekly Option:</b><br><b>Try something new –</b><br><b>Chicken Pesto Flatbread</b> | <b>7</b><br><b>Try something new –</b><br><b>Cheese Lasagna Roll-up</b><br><b>Broccoli</b><br>Cheesy Garlic Bread Stick<br>Choice of Fruit | <b>8 Top Your Own</b><br>Chicken Fajita with Onions, Peppers, Lettuce, Tomatoes, Cheese, Sour Cream<br>Black Bean Salad<br>Choice of Fruit<br>                         | <b>9 STICKER DAY</b><br>Hot dog on a Whole Wheat Roll<br>Vegetarian Baked Beans<br>Choice of Fruit  | <b>11 Pizza Mania</b><br>Variety of Pizza with choice of Toppings<br>Fresh Caesar Salad with Romaine Lettuce<br>Seasonal Fruit<br>                                   |
| <b>Faculty Salad:</b><br>Oriental Chicken Salad<br><b>Weekly Option:</b><br>Yogurt Parfait with Snowman Pretzel                            | <b>14 Crazy Chicken Bowl</b><br>Popcorn Chicken, Mashed Potatoes, Corn, and Creamy Gravy<br>Choice of Fruit                                | <b>15 Burger Bar</b><br>Hamburger or Veggie Burger on a Whole Wheat Roll served with Cheese, <b>Lettuce, Tomato</b> , Pickles<br>Sweet Potato Fries<br>Choice of Fruit | <b>16</b><br><b>Teriyaki Chicken</b><br>Oriental Veggies<br><b>Try something new –</b><br><b>Not so Fried Rice</b><br>Fortune Cookie<br>Pineapple                       | <b>18 Pizza Party</b><br><b>Personal Pan Pizza</b><br>Choice of Cheese, Veggie or Hawaiian<br><b>Broccoli Salad</b><br><b>Side of Chick Peas</b><br><b>Pineapple</b> |
| <b>Faculty Salad:</b><br>Chef Salad<br><b>Weekly Option:</b><br>Egg, Ham and Cheese on an English Muffin                                   | <b>21</b><br><b>No School</b><br>  | <b>22</b><br><b>Breakfast for Lunch</b><br>Pancakes with Syrup<br><b>Try something new –</b><br><b>Jones Chicken Sausage</b><br>Oven Roasted Potatoes,<br>Orange Juice | <b>23 The Pasta Pot</b><br><b>Try something new –</b><br><b>Chicken, Broccoli and Penne Pasta in an Alfredo Sauce</b><br>Garlic Bread<br>Choice of Fruit                | <b>25 Big Daddy's Pizza</b><br>Cheese, Veggie or Sausage<br>Cucumber and Grape<br>Tomato Salad<br>Pears<br>  |
| <b>Faculty Salad:</b><br>Southwestern Salad<br><b>Weekly Option:</b><br>Pulled Pork on a Roll  | <b>28 Dip it Up!</b><br>Baked Mozzarella Sticks<br>Marinara Dipping Sauce<br>Steamed <b>Broccoli</b><br>Chilled or Fresh Fruit<br>         | <b>29</b><br>Grilled Chicken on a Whole Wheat Roll<br>Side of Lettuce and Tomato<br>Choice of Fruit  | <b>30 STICKER DAY</b><br><b>Try something new –</b><br><b>Pasta Primavera</b><br>With <b>Veggies</b><br>With or without Chicken<br>Choice of Fruit                      | If your child attends <b>Extended Day on Thursday</b> , lunches can now be preordered <b>online on the Extended Day website</b><br>                                  |

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 Cheryl Madden: [cmadden@abschools.org](mailto:cmadden@abschools.org)  
 Meals are planned to meet USDA Dietary Guidelines. **It's our Pleasure to Serve You!**

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