

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

AB High School – March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	HAPPY FRIDAY!
 <p>March 4th thru March 8th</p>	 <p>March 4th thru March 8th</p>		 <p>“Be Awesome Be a Book Nut”</p>	<p>1 Dr. Seuss’ Birthday Pasta with Choice of Meat or Marinara Sauce Steamed Broccoli Cheesy Garlic Bread Chilled or Fresh Fruit</p>
<p>4 All American! Steak and Cheese Sub on a Whole Wheat Roll with Onions, Peppers, Mushrooms  Seasoned Fries Choice of Fruit</p>	<p>5 Hats off to the Irish! Shepherd’s Pie Mashed Potatoes, Ground Beef, Veggies and Creamy Gravy Seasonal Fruit </p>	<p>6 Celebrate France! Quiche~  Ham and Cheese or Veggies and Cheese Side of Romaine Salad Roasted Sweet Potatoes Choice of Fruit</p>	<p>7 Welcome to Vietnam! Build your own Vietnamese Noodle Bowl Chicken, Diced Carrots, Bok Choy, Onions, Peppers, Basil, Cilantro Seasonal Fruit </p>	<p>8 Taste of Italy! Stuffed Shells with Marinara Sauce Green Beans Garlic Bread Choice of Fruit </p>
<p>11 Hot Diggity Dog Kayem Light Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Baked French Fries Choice of Fruit </p>	<p>12 Try Something New! Curry Chicken Flatbread Sweet Potato Fries Seasonal Fruit </p>	<p>13 Quesadilla Chicken or Vegetable Salsa, Lettuce, Tomato, and Sour Cream Rice and Beans Choice of Fruit </p>	<p>14 Everyone Loves It! Local Sustainable Fresh Baked Fish with a Ritz Cracker Crumb Topping Butternut Squash Seasoned Fries Seasonal Fruit</p>	<p>15 Happy St Patty’s Day Pasta with Marinara or Meat Sauce Cheesy Garlic Breadstick Steamed Broccoli Choice of Fruit </p>
<p>18 Dip it Up! Baked Mozzarella Sticks Marinara Dipping Sauce Tender Sweet Corn Oven Baked Fries Fruit</p>	<p>19 Build Your Own Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Onion Rings Choice of Fruit </p>	<p>20 National Ravioli Day Mini Cheese Ravioli with Marinara Sauce Caesar Salad Warm Garlic Bread Variety of Fruit</p>	<p>21 Orange Chicken Chicken tossed in a Zesty Orange Sauce Vegetable Egg Roll Vegetable LoMein Fortune Cookie Chilled or Fresh Fruit</p>	<p>22 Everyone’s Favorite Macaroni and Cheese Steamed Broccoli Cheesy Garlic Breadstick Choice of Fruit </p>
<p>25 Hot, Hot, Hot  Buffalo Chicken in a Whole Wheat Wrap served with lettuce Baked Oven Fries Pudding with Topping Variety of Fruit</p>	<p>26 Nachos Supreme Lean Beef or Vegetarian Refried Beans Queso Cheese Sauce Romaine, Tomato, Salsa Tender Sweet Corn Choice of Fruit</p>	<p>27 Chicken Teriyaki Chicken Teriyaki Veggie “Fried” Rice Oriental Vegetables Fortune Cookie Pineapple </p>	<p>28 Italian Sub Ham, Salami, and Cheese served on a Sub Roll with choice of Lettuce, Tomato, Pickles, Hots Oven Baked Fries Choice of Fruit </p>	<p>29 Chicken Piccata Chicken simmered in a Flavorful Lemon Sauce served over Pasta Wheat Garlic Breadstick Steamed Carrots Choice of Fruit</p>

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!

