

**Daily Options:**

Weekly Option  
 Grilled Cheese on Whole Wheat  
 Chicken Caesar Salad  
 Bagel with Cream Cheese or Sunbutter and Yogurt  
 Pizza

**Menu subject to change without notice.**

**Meal Pricing:** Lunch \$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](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)

# Conant School – March 2019

WEEKLY OPTIONS	MONDAY	TUESDAY	WEDNESDAY	
<p><b>Weekly Faculty Salad:</b> Caesar Salad</p> <p><b>Weekly Option:</b> Tuna on a Roll</p>	 <p>National School Breakfast Week</p> <p><b>March 4<sup>th</sup> thru March 8<sup>th</sup></b></p>	<p>If your child attends Extended Day on Thursday, lunches may now be preordered online at <a href="#">Extended Day Website</a></p> 	<p><b>“Be Awesome Be a Book Nut”</b></p> 	<p><b>HAPPY FRIDAY!</b></p> <p><b>1 Dr. Seuss’ Birthday</b></p> <p><b>Thing 1</b> Turkey and Cheese Flatbread or</p> <p><b>Thing 2</b> Ham &amp; Cheese Flatbread</p> <p><b>Thing 3</b> Smiley Fries</p> <p><b>Cat in the Hat</b> Fruit</p> 
<p><b>Weekly Faculty Salad:</b> Garden Salad</p> <p><b>Weekly Option:</b> Egg and Cheese or Egg, Ham and Cheese on an English Muffin</p>	<p><b>4 Pop, Pop, Pop</b> Popcorn Chicken Choice of Dipping Sauces Roasted Butternut Squash Mashed Potatoes Fresh Fruit</p>	<p><b>5 National Pancake Day</b> Mini Pancakes served with Syrup Jones Chicken Sausage Oven Roasted Potatoes Warm Spiced Apples Dragon Juice</p> 	<p><b>6 The Pasta Pot</b> Pasta with Choice of Meat or Marinara Sauce Steamed Broccoli Wheat Garlic Bread Chilled or Fresh Fruit</p>	<p><b>8 Pizza Party!</b></p> <p><b>Personal Pan Pizza</b> Choice of Cheese, Veggie or Sausage Cucumber/Tomato Salad Side of Chick Peas Choice of Fruit</p> 
<p><b>Weekly Faculty Salad:</b> Buffalo Chicken Salad</p> <p><b>Weekly Option:</b> Cheese Quesadilla</p>	<p><b>11 Everyone’s Favorite</b> Macaroni and Cheese Steamed Broccoli Cheesy Garlic Bread Choice of Fruit</p> 	<p><b>12 Burger Bar</b> Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Oven Baked Fries Choice of Fruit</p> 	<p><b>13 STICKER DAY</b> </p> <p><b>Nachos Supreme</b> Lean Beef or Vegetarian Refried Beans, Queso Cheese Sauce, Romaine, Tomato, Salsa, Corn Choice of Fruit</p>	<p><b>15 Happy St Patty’s Day</b></p> <p><b>Big Daddy’s Pizza</b> Choice of Cheese, Green Pepper or Hawaiian Broccoli Salad Jello Choice of Fruit</p> 
<p><b>Weekly Faculty Salad:</b> Oriental Salad</p> <p><b>Weekly Option:</b> Chicken, Black Bean and Rice Burrito</p>	<p><b>18 Dip it Up!</b> Teriyaki Chicken Dippers Steamed Rice Steamed Carrots Pineapple Fortune Cookie</p>	<p><b>19 Breakfast for Lunch</b> French Toast Sticks served with Syrup Sliced Warm Ham Hash Brown Potatoes Orange Juice</p> 	<p><b>20 National Ravioli Day</b> Cheese Ravioli with Marinara Sauce Broccoli Warm Garlic Bread Variety of Fruit</p>	<p><b>22 Pizza Mania</b> Pizza with Cheese, Veggie or Pepperoni Fresh Caesar Salad with Romaine Side of Chick Peas Chilled or Fresh Fruit</p>
<p><b>Weekly Faculty Salad:</b> Caesar Salad</p> <p><b>Weekly Option:</b> Sloppy Joe on a Roll</p>	<p><b>25 Hot Diggity Dog</b> Kayem Light Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Choice of Fruit Pudding with Topping</p> 	<p><b>26 Cha, Cha Chicken</b> Chicken Patty or Spicy Chicken Patty on Whole Wheat Roll served with Lettuce and Tomato Pasta Salad with Veggies Orange Slices</p>	<p><b>27 STICKER DAY</b> </p> <p>Hard or Soft Tacos with Lean Beef or Vegetarian, Refried Beans, Cheese, Tomato, Salsa Corn Choice of Fruit</p> 	<p><b>29 Max Pizza Sticks</b> With Marinara Sauce Fresh Romaine Caesar Salad 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 Debi DiDuca: [ddiduca@abschools.org](mailto:ddiduca@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](mailto:lunchonline@abschools.org)

It’s our Pleasure to Serve You!

