

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

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

Gates School – March 2019

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

