

Made Fresh Daily:

Assorted Sandwiches/Wraps including Peanut Butter and Jelly Sandwiches
 Boar's Head Deli sandwiches on Thursdays
 Power Paks
 Assorted Grab and Go Salads/Smoothies
 Pizza
Fish Sandwiches on Fridays during Lent
 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

RJGrey Junior High – March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	HAPPY FRIDAY!
 National School Breakfast Week March 4 th thru March 8 th	 March 18th thru March 22nd		There is a Wocket in my Pocket 	1 Dr. Seuss' Birthday Thing 1 Chicken Flatbread or Thing 2 Veggie and Cheese Flatbread Thing 3 Smiley Fries Cat in the Hat Fruit 
4 Eggcellent Lunch Breakfast Sandwich Egg and Cheese on an English Muffin Side of Chicken Sausage Roasted Potatoes Orange Juice and Fruit 	5 National Pancake Day Pancakes served with Syrup Jones Chicken Sausage Oven Roasted Potatoes Warm Spiced Apples 	6 Cha, Cha Chicken Chicken Patty or Buffalo Chicken Patty on Whole Wheat Roll Tender Green Beans Sweet Potato Fries Choice of Fruit 	7 Pasta Pot Pasta with Meat or Marinara Sauce Broccoli Wheat Garlic Bread Chilled or Fresh Fruit 	8 Pizza Party! Big Daddy's Pizza Choice of Toppings Caesar Salad with Romaine Lettuce Side of Chick Peas Choice of Fruit 
11 Pop, Pop, Pop Popcorn Chicken Choice of Dipping Sauce Steamed Carrots Mashed Potatoes Fruit 	12 Burger Bar Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Oven Baked Fries, Fruit 	13 Breakfast for Lunch French Toast Sticks with Syrup Chicken Sausage Baby Carrots Orange Juice 	14 Nachos Supreme Lean Beef or Vegetarian Refried Beans, Cheese Sauce, Romaine, Tomato, Salsa, Corn Choice of Fruit 	15 Happy St Patty's Day Pizza Mania! Variety of Pizzas Romaine Caesar Salad Jello with Topping Choice of Fruit 
RJGREY SPIRIT WEEK – JOIN THE FUN!				
18 Sports Jersey Day! Fengrey Franks on a Whole Wheat Roll Baked Potato Wedges Fresh Carrot Sticks Black Bean Salad Choice of Fruit 	19 Crazy Hat, Hair Day! Wacky Mac and Cheese Tasty Tree Top Broccoli Bread Heads Frizzy Fruit 	20 Formal Dress Day! National Ravioli Day Mini Cheese Ravioli with Marinara Sauce Tender Sweet Corn Warm Garlic Bread Variety of Fruit 	21 Hawaiian Shirt Day! Teriyaki Chicken Dippers Hawaiian Steamed Rice Peas and Carrots Pineapple 	22 Pajama Day! Breakfast for Lunch Waffles with Syrup Jones Chicken Sausage Hashbrown Potatoes Cinnamon Apples 
25 Dip, Dip, Dip Mozzarella Sticks with Marinara Sauce Steamed Carrots Chilled or Fresh Fruit 	26 Chicken Patty or Spicy Chicken Patty on Whole Wheat Roll served with Lettuce and Tomato Pasta Salad with Veggies Orange Slices 	27 Stuffed Shells with Marinara Sauce Steamed Broccoli Cheesy Garlic Breadstick Choice of Fruit 	28 Make Your Own Hard or Soft Taco with Lean Beef or Vegetarian, Refried Beans, Cheese, Tomato, Salsa Corn Choice of Fruit 	29 Pizza Party Big Daddy's Pizza with Choice of Toppings Caesar Salad with Romaine Lettuce Side of Chick Peas Choice of Fruit 

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 Jean Tibbetts: jetibbetts@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!

