

**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 Price \$ .40) Breakfast \$1.75 (Reduced Price \$.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 – October 2019

WEEKLY OPTIONS	MONDAY	TUESDAY	WEDNESDAY	FRIDAY
<b>Weekly Faculty Salad:</b> Chicken Caesar Salad <b>Weekly Option:</b> Sunbutter and Jelly Sandwich	If your child attends Extended Day on Thursday, lunches may be preordered online at <a href="#">Extended Day Website</a> 	<b>1 Breakfast for Lunch</b> French Toast Sticks served with Syrup Jones Chicken Sausage Dragon Juice Choice of Fruit 	<b>2 Burger Bar</b> Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Oven Baked Fries Choice of Fruit	<b>4 World Smile Day</b> Stuffed Crust Pizza Choice of Cheese, Vegetable or Pepperoni Garden Salad Side of Chick Peas Orange Smiles 
<b>Weekly Faculty Salad:</b> Asian Salad <b>Weekly Option:</b> Tuna on a Roll	<b>7 STICKER DAY!</b> Teriyaki Chicken Dippers Steamed Rice Steamed Carrots Fortune Cookie Pineapple 	<b>8 Breakfast for Lunch</b> Waffles served with Syrup Jones Chicken Sausage Potato Puffs Orange Juice	<b>9 NO SCHOOL Yom Kippur</b>	<b>11 National Sausage Pizza Day</b> Big Daddy's Pizza with Choice of Sausage, Cheese, or Veggie Caesar Romaine Salad Side of Chick Peas, Pears 
<b>National School Lunch Week</b>				
<b>Weekly Faculty Salad:</b> Garden Salad <b>Weekly Option:</b> Turkey Wrap	<b>14 NO SCHOOL Columbus Day</b> 	<b>15 Breakfast for Lunch</b> French Toast Sticks served with Syrup Jones Chicken Sausage Dragon Juice 	<b>16 Cha, Cha Chicken</b> Chicken Patty or Spicy Chicken Patty on Whole Wheat Roll served with Lettuce and Tomato Pasta Salad with Veggies Assorted Fruit	<b>18 Pizza Mania!</b> Choice of Cheese, Vegetable or Pepperoni Cucumber and Grape Tomato Salad Side of Chick Peas Seasonal Fruit
<b>Weekly Faculty Salad:</b> Buffalo Chicken Salad <b>Weekly Option:</b> Bacon and Cheese Bagel	<b>21 Everyone's Favorite</b> Chicken Tenders served with Dipping Sauce Oven Baked Fries Peas and Carrots Choice of Fruit	<b>22 Breakfast for Lunch</b> Pancakes served with Syrup Jones Chicken Sausage Veggie Sticks Orange Smiles	<b>23 The Pasta Pot</b> Pasta with Choice of Meat or Marinara Sauce Green Beans Cheesy Garlic Breadstick Chilled or Fresh Fruit	<b>25 Personal Pan Pizza</b> Choice of Cheese, Vegetable or Hawaiian Caesar Salad with Romaine Lettuce Side of Chick Peas Chilled or Fresh Fruit
<b>Weekly Faculty Salad:</b> Chicken Caesar <b>Weekly Option:</b> Cheese Quesadilla	<b>28 Viva Italian</b> Mini Cheese Raviolis with Marinara Sauce Green Beans Warm Garlic Bread Applesauce	<b>29 Cha, Cha, Chicken</b> Popcorn Chicken Oven Baked Fries Steamed Broccoli Choice of Fruit 	<b>30 STICKER DAY!</b> Lean Beef or Vegetarian Nachos Refried Beans Queso Cheese Sauce Romaine, Tomato, Salsa Tender Sweet Corn, 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 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!