

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

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 – October 2019



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