

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

Menu subject to change without notice.

Meal Pricing: Lunch tiered pricing starting at \$2.75 (Reduced Price \$.40)

Breakfast \$1.75 (Reduced Price \$.30).

All meals served with veggies, fruit and choice of milk. Healthy Choice Snacks, A la carte items, Fruit & Water 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 – October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Everyone's Favorite Chicken Tenders served with Dipping Sauce Mashed Potatoes Peas 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	3 K-12 Early Release No Lunch Served 	4 World Smile Day Big Daddy's Pizza with Choice of Toppings Caesar Salad Side of Chick Peas Orange Smiles 
7 Viva Italian Mini Cheese Raviolis with Marinara Sauce Steamed Broccoli Warm Garlic Bread Chilled or Fresh Fruit	8 Cha, Cha Chicken Chicken Patty or Spicy Chicken Patty on Whole Wheat Roll served with Lettuce and Tomato Baked Potato Wedges Veggie Sticks, Fruit	9 NO SCHOOL Yom Kippur	10 Dip it Up! Mozzarella Sticks With Marinara Sauce Steamed Carrots Seasonal Fruit	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				
14 NO SCHOOL Columbus Day 	15 Fengrey Franks Hot dog on a Whole Wheat Roll Potato Puffs Carrot and Celery Sticks Choice of Fruit 	16 Brunch for Lunch Pancakes served with Syrup Jones Chicken Sausage Hashbrown Potato Dragon Juice 	17 The Pasta Pot Pasta with Choice of Meat or Marinara Sauce Green Beans Cheesy Garlic Breadstick Chilled or Fresh Fruit	18 Pizza Mania! Big Daddy's Pizza with Choice of Toppings Caesar Romaine Salad Side of Chick Peas Seasonal Fruit
21 Pop, Pop, Pop Crispy Popcorn Chicken with Dipping Sauce Mashed Potatoes Cinnamon Glazed Carrots Fresh Fruit	22 Burger Bar Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Oven Baked Fries Watermelon 	23 Make Your Own Build your own Taco Lean Beef or Vegetarian, Refried Beans, Cheese, Tomato, Salsa Corn/Black Bean Salad Choice of Fruit	24 Tangy Barbeque Rib on a Whole Wheat Roll Sweet Potato Fries Cole Slaw Seasonal Fruit 	25 Pizza Day! Big Daddy's Pizza with Choice of Toppings Caesar Romaine Salad Side of Chick Peas Seasonal Fruit 
28 Brunch for Lunch French Toast Sticks served with Syrup Jones Chicken Sausage Hashbrown Potato Warm Cinnamon Apples	29 Cluck, Cluck, Cluck Teriyaki Chicken Dippers Steamed Rice Steamed Carrots Fortune Cookie Pineapple 	30 Nacho Supreme Lean Beef or Vegetarian Refried Beans Queso Cheese Sauce Romaine, Tomato, Salsa Three Bean Salad Choice of Fruit	31 Cha, Cha Chicken Chicken Patty or Spicy Chicken Patty on Whole Wheat Roll served with Lettuce and Tomato Sweet Potato Fries Green Beans, 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!