

**Made Fresh Daily:**

Deli Station featuring Boar's Head Deli Meats  
 Grill Station  
 Assorted Salads, Smoothies, Wraps, Sandwiches  
 (including Peanut Butter and Jelly)  
 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](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)



# AB Regional High School – October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 Hot Diggity Dog!</b> Kayem Light Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Oven Baked Fries Choice of Fruit	<b>2 Orange Chicken</b> Chicken Tenders with Choice of Sauces Vegetable LoMein Steamed Carrots Fortune Cookie Chilled or Fresh Fruit	<b>3</b> <b>K-12 Early Release</b> <b>No Lunch Served</b> 	<b>4 World Smile Day</b> Pasta with Choice of Meat or Marinara Sauce Green Beans Cheesy Garlic Breadstick Chilled or Fresh Fruit 
<b>7 Dip it Up!</b> Baked Mozzarella Sticks with Marinara Sauce Oven Baked Fries Fresh Fruit Chilled or Fresh Fruit	<b>8 Burger Bar</b>  Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Oven Baked Fries Choice of Fruit	<b>9</b> <b>NO SCHOOL</b> <b>Yom Kippur</b>	<b>10 Build Your Own!</b> Burrito Bowl with Lean Ground Beef, Rice, Beans, Salsa, Sour Cream, Romaine Lettuce, and Tomato Choice of Fruit	<b>11 Viva Italiano!</b> Stuffed Cheese Shells served with Marinara Sauce Corn Warm Garlic Bread Stick Seasonal Fruit
<b>National School Lunch Week</b>				
<b>14</b> <b>NO SCHOOL</b> <b>Columbus Day</b> 	<b>15 Brunch for Lunch</b> French Toast Sticks served with Syrup Jones Chicken Sausage Hashbrown Potato Seasonal Fruit	<b>16 Wings of Fire</b> Spicy Chicken Wings Potato Salad Celery and Carrot Sticks Garlic Breadstick Choice of Fruit 	<b>17 Taco Thursday!</b> Twin Soft Tacos with Lean Ground Beef, Beans, Salsa, Sour Cream, Romaine Lettuce, Tomato Seasonal Fruit	<b>18 The Pasta Pot</b> Pasta with Choice of Meat or Marinara Sauce Green Beans Cheesy Garlic Breadstick Chilled or Fresh Fruit
<b>21 Pop, Pop, Pop</b> Crispy Popcorn Chicken with Creamy Gravy Mashed Potatoes Tender Sweet Corn Fresh Fruit	<b>22 Everyone's Favorite</b> Macaroni and Cheese Steamed Broccoli Garlic Breadstick Seasonal Fruit 	<b>23 Nacho Supreme</b> Lean Beef or Vegetarian Refried Beans Queso Cheese Sauce Romaine, Tomato, Salsa Choice of Fruit	<b>24 Fish Day</b> Local, sustainable Fresh Baked Fish with a Ritz Cracker Topping Broccoli and Carrots Steamed Rice Choice of Fruit	<b>25 Yummy!</b> Chicken Parmesan Side of Pasta with a Marinara Sauce Wheat Garlic Breadstick Chilled or Fresh Fruit
<b>28 Popular Demand</b> Chicken Curry served over Steamed Rice Steamed Broccoli Warm "Naan Flatbread" Fresh Fruit	<b>29 Some Like it Hot!</b> <b>Back by Popular Demand</b> Buffalo Chicken Dip Nacho Chips Celery and Carrot Sticks Chilled or Fresh Fruit 	<b>30</b> Steak and Cheese on a Whole Wheat Roll Sweet Potato Fries Choice of Fruit	<b>31 Burger Bar</b> Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Oven Baked Fries 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 Amy French: [afrench@abschools.org](mailto:afrench@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!