

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: 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

AB Regional High School – September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	HAPPY FRIDAY!
		28 WELCOME BACK! Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Oven Baked Fries Choice of Fruit 	29 Nacho Supreme Lean Beef or Vegetarian Refried Beans Queso Cheese Sauce Romaine, Tomato, Salsa Tender Sweet Corn Choice of Fruit	30 NO SCHOOL 
2 NO SCHOOL 	3 Crazy Chicken Bowl Popcorn Chicken, Mashed Potatoes, Corn, and Creamy Gravy Choice of Fruit	4 Dip it Up! Baked Mozzarella Sticks Marinara Dipping Sauce Steamed Carrots Oven Baked Fries Choice of Fruit 	5 Orange Chicken Chicken tossed in a Zesty Orange Sauce Vegetable LoMein Oriental Vegetables Fortune Cookie Chilled or Fresh Fruit	6 The Pasta Pot Pasta with Choice of Meat or Marinara Sauce Green Beans Cheesy Garlic Breadstick Chilled or Fresh Fruit
9 AB Colonial Club Grilled Chicken Breast on a Whole Wheat Roll with choice of Cheese or Bacon Sweet Potato Fries Choice of Fruit 	10 Everyone's Favorite Macaroni and Cheese Steamed Broccoli Warm Garlic Bread Choice of Fruit 	11 Top Your Own! Chicken Fajita Wrap Choice of Chicken, Onions, Peppers, Cheese Black Bean Salad Spanish Rice Choice of Fruit 	12 Meatball Sub on a Whole Wheat Roll Oven Baked Potato Puffs Tender Sweet Corn Choice of Fruit	13 Viva Italian Mini Cheese Raviolis with Marinara Sauce Wheat Garlic Breadstick Tender Green Beans Chilled or Fresh Fruit
16 Hot Diggity Dog Kayem Light Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Oven Baked Fries Choice of Fruit 	17 Hot, Hot, Hot Buffalo Chicken with lettuce in a Whole Wheat Wrap Oven Baked Fries Fresh Fruit 	18 Chicken Piccata Seared Chicken simmered in a flavorful Lemon Sauce Served with Pasta Wheat Garlic Breadstick Steamed Carrots, Fruit 	19 Local, Sustainable Coconut Crusted Red Fish Served in a Tortilla Wrap with Sriracha Mayo Asian Slaw Fruit 	20 The Pasta Pot Pasta with Choice of Meat or Marinara Sauce Steamed Broccoli Cheesy Garlic Breadstick Chilled or Fresh Fruit
23 Pulled Pork on a Whole Wheat Roll Mashed Potatoes Choice of Fruit	24 Burger Bar Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Oven Baked Fries Choice of Fruit	25 Dip it Up! Teriyaki Chicken Dippers Vegetable "Fried" Rice Oriental Vegetables Fortune Cookie Pineapple 	26 Wrap it Up Chicken Caesar Wrap Oven Baked Fries Bean Salad Choice of Fruit	27 Roll on In Lasagna Roll Up With side of Meatballs Steamed Broccoli Garlic Breadstick 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

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!