

**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 \$ .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](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 – September 2019

WEEKLY OPTIONS	MONDAY	TUESDAY	WEDNESDAY	HAPPY FRIDAY!
<b>Weekly Faculty Salad:</b> None <b>Weekly Option:</b> None	If your child attends Extended Day on Thursday, lunches may now be preordered online at <a href="#">Extended Day Website</a> 		<b>28 WELCOME BACK!</b> Chicken Tenders “Smiley” Face Fries Steamed Broccoli Chilled Fruit 	<b>30</b> <b>NO SCHOOL</b> 
<b>Weekly Faculty Salad:</b> Chicken Caesar Salad <b>Weekly Option:</b> Tuna on a Wrap	<b>2</b> <b>NO SCHOOL</b> 	<b>3</b> Teriyaki Chicken Dippers Steamed Rice Steamed Carrots Fortune Cookie Pineapple	<b>4 Breakfast for Lunch</b> Pancakes served with Syrup Jones Chicken Sausage Hash Brown Potato Orange Juice 	<b>6 Big Daddy's Pizza!</b> Choice of Cheese, Veggie or Sausage Caesar Salad with Romaine Lettuce Side of Chick Peas Choice of Fruit 
<b>Weekly Faculty Salad:</b> Buffalo Chicken Salad <b>Weekly Option:</b> Turkey Sandwich	<b>9 Dip it Up!</b> Baked Mozzarella Sticks Marinara Dipping Sauce Steamed Broccoli Choice of Fruit 	<b>10 Burger Bar</b> Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Baby Carrots and Celery Choice of Fruit 	<b>11 Nacho Supreme</b> Lean Beef or Vegetarian Refried Beans Queso Cheese Sauce Romaine, Tomato, Salsa Tender Sweet Corn Choice of Fruit	<b>13 Pizza Party!</b> <b>Stuffed Crust Pizza</b> Choice of Cheese, Vegetable or Pepperoni Caesar Salad with Romaine Lettuce Choice of Fruit
<b>Weekly Faculty Salad:</b> Garden Salad <b>Weekly Option:</b> BLT on a Sub Roll	<b>16 Crazy Chicken Bowl</b> Popcorn Chicken, Mashed Potatoes, Corn, and Creamy Gravy Choice of Fruit	<b>17 Breakfast for Lunch</b> French Toast Sticks served with Syrup Jones Chicken Sausage Hash Brown Potato Orange Juice 	<b>18 The Pasta Pot</b> Pasta with Choice of Meat or Marinara Sauce Steamed Broccoli Cheesy Garlic Breadstick Chilled or Fresh Fruit	<b>20 Pizza Mania</b> Max Pizza Sticks with Marinara Dipping Sauce Cucumber and Grape Tomato Salad Side of Chick Peas Chilled or Fresh Fruit
<b>Weekly Faculty Salad:</b> Asian Salad <b>Weekly Option:</b> Cheese Quesadilla	<b>23 STICKER DAY</b> <b>Viva Italian</b> Cheese Lasagna Roll Up Green Beans Garlic Breadstick Choice of Fruit 	<b>24 Hot Diggity Dog</b> Kayem Light Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Potato Puffs Choice of Fruit 	<b>25 Cha, Cha Chicken</b> Chicken Patty or Spicy Chicken Patty on Whole Wheat Roll served with Lettuce and Tomato Pasta Salad with Veggies Orange Slices	<b>27 Pizza Mania</b> Variety of Pizza Choice of Cheese, Veggie or Pepperoni Romaine Caesar Salad 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 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!