

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

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 – September 2019

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