

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: 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



RJGrey Junior High – September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
		28 7th Grade Cookout Hotdog, Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Lettuce, Onion, Tomato, Pickles Watermelon 	29 Chicken Tenders "Smiley" Face Fries Steamed Broccoli Chilled Fruit 	HAPPY FRIDAY! 30 NO SCHOOL 
2 NO SCHOOL 	3 Teriyaki Chicken Dippers Steamed Rice Steamed Carrots Fortune Cookie Pineapple	4 Breakfast for Lunch Pancakes or French Toast served with Syrup Jones Chicken Sausage Hash Brown Potato Orange Juice 	5 Nacho Supreme Lean Beef or Vegetarian Refried Beans Queso Cheese Sauce Romaine, Tomato, Salsa Tender Sweet Corn Choice of Fruit	6 Big Daddy's Pizza! Choice of Cheese, Veggie or Sausage Baby Carrots & Celery Sticks Side of Chick Peas Choice of Fruit 
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 "Smiley Fries" Choice of Fruit 	11 Cha, Cha Chicken Chicken Patty or Spicy Chicken Patty on Whole Wheat Roll served with Lettuce and Tomato Sweet Potato Fries Chilled or Fresh Fruit	12 Viva Italian Mini Cheese Raviolis with Marinara Sauce Wheat Garlic Breadstick Tender Green Beans Chilled or Fresh Fruit	13 Big Daddy's Pizza! Choice of Cheese, Veggie or Pepperoni Caesar Salad with Romaine Lettuce Side of Chick Peas Choice of Fruit 
16 Crazy Chicken Bowl Popcorn Chicken, Mashed Potatoes, Corn, and Creamy Gravy Choice of Fruit	17 Breakfast for Lunch French Toast Sticks served with Syrup Jones Chicken Sausage Dragon Juice 	18 Make Your Own Soft Taco with Lean Beef or Vegetarian Refried Beans, Cheese, Romaine Lettuce, Tomato and Salsa Corn, Fruit	19 The Pasta Pot Pasta with Choice of Meat or Marinara Sauce Steamed Broccoli Cheesy Garlic Breadstick Seasonal Fruit	20 Pizza Mania Max Pizza Sticks with Marinara Dipping Sauce Cucumber and Grape Tomato Salad Side of Chick Peas Chilled or Fresh Fruit
23 Viva Italian Cheese Lasagna Roll Up Green Beans Garlic Bread 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 Sweet Potato Fries Chilled or Fresh Fruit	26 Try something new Local, Sustainable Coconut Crusted Red Fish Served in a Tortilla Wrap with Sriracha Mayo Asian Slaw, Fruit 	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 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!