

Made Fresh Daily Options:

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

Menu Subject to Change without Notice

High School Meal Pricing:

Lunch tiered pricing starting at \$2.75
 (Reduced \$.40) Breakfast \$1.75 (Reduced \$.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

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 High School – February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pre Groundhog Day Cheese Tortellini with Marinara Sauce or Alfredo Sauce Cheesy Garlic Breadstick Tender Green Beans Chilled or Fresh Fruit
4 Super Bowl Tailgate! Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Oven Baked Fries Choice of Fruit 	5 Lunar New Year Orange Chicken Fried Rice Oriental Vegetables Choice of Fruit Fortune Cookie 	6 Soup and Sandwich <i>Try something new –</i> <i>Grilled Cheese Panini or</i> <i>Ham and Cheese Panini</i> Tomato Soup Sweet Potato Fries Choice of Fruit	7 Jr. High and High School Early Release No Lunch Served 	8 Mini Cheese Raviolis with Marinara Sauce Wheat Garlic Breadstick Tender Green Beans Chilled or Fresh Fruit
11 Top Your Own Chicken Fajita Wrap Cheese, Onions, Lettuce, Peppers, Tomatoes Black Bean Salad Spanish Rice Seasonal Fruit 	12 Dip it Up! Baked Mozzarella Sticks Marinara Dipping Sauce Oven Baked Fries Steamed Broccoli Chilled or Fresh Fruit	13 Wings of Fire  Spicy Chicken Wings Celery Sticks with Ranch Dip Potato Salad Garlic Breadstick Choice of Fruit	14 Everyone Loves It! Local Sustainable Fresh Baked Fish with a Ritz Cracker Crumb Topping Broccoli Seasoned Fries Chilled or Fresh Fruit	15 Little Italy Pasta with your choice of Meat or Marinara Sauce Wheat Garlic Breadstick Green Beans Seasonal Fruit
18 	19	20	21 	22
School Vacation Week				
25 Crazy Chicken Bowl Popcorn Chicken, Mashed Potatoes, Corn, and Creamy Gravy Choice of Fruit	26 Kayem Light Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Oven Baked Fries Choice of Fruit 	27  Back by Popular Demand Buffalo Chicken Dip Nacho Chips Celery and Carrot Sticks Chilled or Fresh Fruit	28 Nacho Supreme Lean Beef or Vegetarian Refried Beans Queso Cheese Sauce Romaine, Tomato, Salsa Tender Sweet Corn 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.

High School 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!

