

**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.

**Elementary Meal Pricing:** Lunch \$2.75 (Reduced \$ .40)

Breakfast \$1.75 (Reduced \$.30).

All meals served with veggies, 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)

# Conant School – February 2019

WEEKLY OPTIONS	MONDAY	TUESDAY	WEDNESDAY	HAPPY FRIDAY!
<b>Weekly Faculty Salad:</b> Caesar Salad <b>Weekly Option:</b> Cheese Quesadilla		If your child attends Extended Day on Thursday, lunches may now be preordered online at <a href="#">Extended Day Website</a>		<b>1 Pre Groundhog Day Punxsutawney Phil Pan Pizza</b> with Cheese, Veggie or Hawaiian Broccoli Salad Side of Chickpeas Pineapple
<b>Weekly Faculty Salad:</b> Buffalo Chicken Salad <b>Weekly Option:</b> Try something new – BBQ Chicken Flatbread	<b>4 Super Bowl Tailgate!</b> “Half Back” Hot Dog on a Whole Wheat Roll Sideline “Emoji” Fries Blitz Baked Beans Field Goal Fruit 	<b>5 STICKER DAY</b>  <b>Lunar New Year</b> Teriyaki Chicken Dippers Steamed Rice Oriental Vegetables Choice of Fruit Fortune Cookie 	<b>6 Soup and Sandwich</b> Try something new – Grilled Cheese Panini Tomato Soup Oven Baked Fries Choice of Fruit	<b>8 Pizza Party!</b> Max Pizza Sticks with Marinara Dipping Sauce Fresh Caesar Salad with Romaine Side of Chickpeas Chilled or Fresh Fruit
<b>Weekly Faculty Salad:</b> Garden Salad <b>Weekly Option:</b> Sunbutter and Jelly Sandwich	<b>11 Dip it Up!</b> Baked Mozzarella Sticks Marinara Dipping Sauce Steamed Broccoli Chilled or Fresh Fruit	<b>12 Burger Bar</b> Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Oven Baked Fries  Choice of Fruit	<b>13 Nacho Supreme</b> Lean Beef or Vegetarian Refried Beans Queso Cheese Sauce Romaine, Tomato, Salsa Tender Sweet Corn Choice of Fruit	<b>15 Pizza Mania</b> Stuffed Crust Pizza with Cheese, Veggie or Pepperoni Fresh Caesar Salad with Romaine Chilled or Fresh Fruit
	18	19	20	22 
<h2>School Vacation Week</h2>				
<b>Weekly Faculty Salad:</b> Caesar Salad <b>Weekly Option:</b> Tuna on a Roll	<b>25 STICKER DAY!</b>  Cheese Ravioli with Pesto Sauce (no nuts) Steamed Carrots Cheesy Garlic Breadsticks Applesauce	<b>26 Breakfast for Lunch</b> Pancakes with Syrup Jones Chicken Sausage Veggie Sticks Orange Juice 	<b>27</b>  Chicken Patty or Spicy Chicken Patty on Whole Wheat Roll served with Lettuce and Tomato Sweet Potato Fries Chilled or Fresh 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: [ddicuca@abschools.org](mailto:ddicuca@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!

