

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

Pay by cash or check (AB Food Services) at school.

Apply for Free/Reduced Meals online anytime at: www.schoolcafe.com/abrsd

Gates School – February 2019

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

