

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 – January 2019

**HAPPY
FRIDAY!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Happy New Year 	2 Back to School Baked Mozzarella Sticks Marinara Dipping Sauce Steamed Peas Oven Baked Fries Chilled or Fresh Fruit	3 Kayem Light Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Oven Baked Fries Choice of Fruit	4 Try something new – Pasta Primavera With Veggies With or without Chicken Garlic Breadstick Choice of Fruit 
7 Brunch for Lunch French Toast Sticks Jones Chicken Sausage Hash Brown Potato Cinnamon Spiced Apples 	8 Everyone's Favorite Macaroni and Cheese Mixed Vegetables Dinner Roll Choice of Fruit 	9 Burger Bar Hamburger or Veggie Burger on a Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Onion Rings Chilled or Fresh Fruit	10 Build your Own Pho Noodle Bowl made with a Vegetarian Base Chicken, Diced Carrots, Bok Choy, Onions, Basil, Cilantro, Peas, Sprouts Seasonal Fruit	11 Chicken Piccata Seared Chicken simmered in a flavorful Lemon Sauce Served with Pasta Wheat Garlic Breadstick Steamed Broccoli Seasonal Fruit 
14 Mid Year Exams Daily Offerings Include: Pizza, Chicken Patties, Sandwiches and Salads The Snack Bar is Open!	15 Mid Year Exams Daily Offerings Include: Pizza, Chicken Patties, Sandwiches and Salads The Snack Bar is Open!	16 Mid Year Exams Daily Offerings Include: Pizza, Chicken Patties, Sandwiches and Salads The Snack Bar is Open!	17 Mid Year Exams Daily Offerings Include: Pizza, Chicken Patties, Sandwiches and Salads The Snack Bar is Open!	18 Little Italy Pasta with Marinara or Meat Sauce Tender Green Beans Warm Garlic Bread Choice of Fruit
21 No School 	22 Yum Yum Yum Chicken Pesto Flatbread Oven Baked Fries Roasted Butternut Squash Choice of Fruit	23 Meatball Sub on a Whole Wheat Roll Sweet Potato Fries Choice of Fruit	24 Orange Chicken Try something new – Vegetable Egg Roll Lo Mein  Fortune Cookie Pineapple Chunks	25 Try something new – Cheese Lasagna Roll-up With a side of Meatballs Steamed Broccoli Garlic Bread Stick Choice of Fruit
28 Top Your Own! Chicken Fajitas Wraps Onions, Peppers, Lettuce, Tomatoes, Cheese Black Bean Salad  Spanish Rice Choice of Fruit	29 Soup and Sandwich Grilled Ham and Cheese or Grilled Cheese on Whole Wheat Bread Homemade Tomato Basil Soup Choice of Fruit	30 Fish Day  Local, sustainable Fish Try something new – Coconut crusted Red Fish Served in a Tortilla Wrap Side of Asian Slaw Sriracha Mayo	31 Some like it Hot Buffalo Chicken Wrap Served with your choice of Lettuce, Tomato, Cheese, Frank's Hot Sauce Oven Baked Fries Choice of Fruit 	Brunch for Lunch French Toast Sticks Jones Chicken Sausage Hash Brown Potato Cinnamon Spiced Apples 

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. **It's our Pleasure to Serve You!**



Questions or Comments, please contact Kirsten Nelson, Food Services Director
at (978) 264-4700 x3221 or at lunchonline@abschools.org

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