

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 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.absschools.org/district/food_services

Conant School – January 2019

WEEKLY OPTIONS	MONDAY	TUESDAY	WEDNESDAY	HAPPY FRIDAY!
<p>Faculty Salad: Caesar Salad Weekly Option: Tuna on a Roll</p>		<p>1 Happy New Year</p>	<p>2 Back to School Brunch for Lunch French Toast Sticks Try something new – Jones Chicken Sausage Dragon Juice Fruit</p>	<p>4 Pizza Party Stuffed Crust Pizza Cheese, Veggie, Pepperoni Fresh Garden Salad Chilled or Fresh Fruit</p>
<p>Faculty Salad: Buffalo Chicken Salad Weekly Option: Try something new – Chicken Pesto Flatbread</p>	<p>7 Try something new – Cheese Lasagna Roll-up Broccoli Cheesy Garlic Bread Stick Choice of Fruit</p>	<p>8 STICKER DAY Top Own Chicken Fajita with Onions, Peppers, Lettuce, Tomatoes, Cheese, Sour Cream Black Bean Salad Choice of Fruit</p>	<p>9 Hot dog on a Whole Wheat Roll Vegetarian Baked Beans Choice of Fruit</p>	<p>11 Pizza Mania Variety of Pizza with choice of Toppings Fresh Caesar Salad with Romaine Lettuce Seasonal Fruit</p>
<p>Faculty Salad: Garden Salad Weekly Option: Yogurt Parfait with Snowman Pretzel</p>	<p>14 Crazy Chicken Bowl Popcorn Chicken, Mashed Potatoes, Corn, and Creamy Gravy Choice of Fruit</p>	<p>15 Burger Bar Hamburger or Veggie Burger on a Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Sweet Potato Fries Choice of Fruit</p>	<p>16 Teriyaki Chicken Oriental Veggies Try something new – Not so Fried Rice Fortune Cookie Pineapple</p>	<p>18 Pizza Party Personal Pan Pizza Choice of Cheese, Veggie or Hawaiian Broccoli Salad Side of Chick Peas Pineapple</p>
<p>Faculty Salad: Asian Salad Weekly Option: Sunbutter and Jelly Sandwich</p>	<p>21 No School Martin Luther King "I have a dream"</p>	<p>22 Breakfast for Lunch Pancakes with Syrup Try something new – Jones Chicken Sausage Oven Roasted Potatoes, Orange Juice</p>	<p>23 The Pasta Pot Try something new – Chicken, Broccoli and Penne Pasta in an Alfredo Sauce Garlic Bread Choice of Fruit</p>	<p>25 Big Daddy's Pizza Cheese, Veggie or Sausage Cucumber and Grape Tomato Salad Pears</p>
<p>Faculty Salad: Caesar Salad Weekly Option: Cheese Quesadilla</p>	<p>28 Dip it Up! Baked Mozzarella Sticks Marinara Dipping Sauce Steamed Broccoli Chilled or Fresh Fruit</p>	<p>29 Grilled Chicken on a Whole Wheat Roll Side of Lettuce and Tomato Choice of Fruit</p>	<p>30 STICKER DAY Try something new – Pasta Primavera With Veggies With or without Chicken Choice of Fruit</p>	<p>If your child attends Extended Day on Thursday, lunches can now be preordered online on the Extended Day website</p>

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: ddiduca@absschools.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@absschools.org
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