





High School April 2017 Menu

Deli Station Featuring Boar's Head Deli Meats, Grill Station, Salads, Wraps, Pizza Made Fresh Daily, Smoothies!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Pudding with Topping Mixed Fruit | Baked Mozzarella Sticks w/ Marinara Sauce Green Beans Roasted Sweet Potatoes Chilled or fresh Fruit | Build your Own! Chicken, Diced Carrots Bok Choy, Onions, Peppers, Basil, Cilantro Chilled or Fresh Fruit | K-12 Early Release No Lunch Served | Pasta with your choice of Meat or Marinara Sauce Warm Garlic Bread Steamed Broccoli Chilled or Fresh Fruit |
| 10) Popcorn Chicken Whipped Potatoes Peas and Carrots Choice of Fruit | 11) Grilled Cheese Sandwich Or Grilled Ham & Cheese Spicy Oven Baked Fries Chilled or Fresh Fruit | 12) Build Your Own Burger! Hamburger or Cheeseburger on Whole Wheat Roll Romaine Lettuce, Tomato, Oven Baked Fries Chilled or Fresh Fruit | 13) Build a Burrito Bowl!! Lean Ground Beef, Rice Beans, Salsa, Sour Cream, Romaine Lettuce, Tomato Variety of Fruit | 14) Good Friday No School |
|  Spring Recess  | | | | |
| 24) Tangy Barbeque Rib on a Whole Wheat Roll Vegetarian Baked Beans Oven Baked Fries Choice of Fruit | 25) Chicken Fajita Onions and Peppers Salsa, Sour Cream Rice and Beans Choice of Fruit | 26) Baked Mozzarella Sticks w/Marinara Sauce Tender Sweet Corn Chilled or Fresh Fruit | 27) Something New! Warm Ciabatta Sandwiches Veggie or Pulled Pork A variety to choose from Spicy Fries Seasonal Fruit | 28) Chicken Parmesan w/Marinara Sauce Warm Garlic Bread Tender Green Beans Chilled or Fresh Fruit |

Available Daily: Gluten Free Turkey & Cheese Wrap in Brown Rice Tortilla are available with 24 Hr. Notice to Cafeteria Manager

Available Friday Only: Gluten Free Pizza. Order must be placed by Wednesday with Cafeteria Manager

Cafeteria Manager: Heidi Conley: Hconley@abschools.org

Questions or Comments? Please Contact Kirsten Nelson, Food Service Director at 978-264-4700 x 3221

Fresh Fruit, Veggies and Milk available daily. Menu subject to Change without notice. It is our Pleasure to serve you!!

Visit our Website at www.abschools.org/departments/food-services/lunch-menus

This institution is an equal opportunity employer.