





ABRHS December 2017 Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fresh fruit and fresh Vegetables are offered Daily. Menu subject to Change without notice. Meals are planned to Meet the Dietary Guidelines.</p>				<p>1) Pasta with your choice of Meat, Marinara or Pesto Wheat Garlic Breadstick Steamed Broccoli Chilled or Fresh Fruit</p>
<p>4) A-B Sampler Baked Mozzarella Sticks Boneless Sriracha Chicken Wings Spicy Fries Choice of Fruit</p>	<p>5) Italian Sub Ham, Salami and Cheese Lettuce, Tomato, Pickles, Hot Peppers Oven Baked Fries Chilled or Fresh Fruit</p>	<p>6) Taco Salad Bowl Lean Beef, Romaine Lettuce Tomato, Olives, Cheese Salsa, Onions Kidney Beans Choice of Fruit</p>	<p>7) Orange Chicken Vegetable Lo Mein Mandarin Oranges Fortune Cookie Choice of Fruit</p>	<p>8) Cheese Tortellini with choice of Alfredo or Red Sauce Side Salad Garlic Bread Choice of Fruit</p>
<p>11) Tangy Barbeque Rib on a Whole Wheat Roll Oven Baked Fries Choice of Fruit</p>	<p>12) Grilled Cheese Sandwich Or Grilled Ham and Cheese Tomato Basil Soup Fries Chilled or Fresh Fruit</p>	<p>13) Pho Noodle Bowl Build your Own! Chicken, Diced Carrots Bok Choy, Onions, Peppers, Basil, Cilantro Seasonal Fruit</p>	<p>14) Turkey Club Panini Turkey, Bacon and Cheese Oven Baked Fries Choice of Fruit</p>	<p>15) Stuffed Shells with Marinara Sauce Wheat Garlic Breadstick Green Beans Chilled or Fresh Fruit</p>
<p>18) Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Oven Baked Fries Chilled or Fresh Fruit</p>	<p>19) Chicken Fajita in a Bowl or a Wrap Top your own w/ Onions, Peppers, Cheese Black Bean Salad Rice Seasonal Fruit</p>	<p>20) Build Your Own Burger! Hamburger or Cheeseburger on Whole Wheat Roll Romaine Lettuce, Tomato, Oven Baked Fries Chilled or Fresh Fruit</p>	<p>21) Build a Burrito Bowl!! Lean Ground Beef, Rice, Beans, Salsa, Sour Cream, Romaine Lettuce, Tomato Choice of Fruit</p>	<p>22) Pasta with your choice of Meat, Marinara or Pesto Wheat Garlic Breadstick Steamed Broccoli Chilled or Fresh Fruit</p>

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.