



# Conant School December 2017 Menu



Weekly Offerings	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Faculty Lunch:</b> Buffalo Chicken Salad <b>Sandwich of the Week:</b> Cheese Quesadilla	B. Sandwich of the Week C. Grilled Cheese on Whole Wheat D. Chicken Caesar Salad E. Bagel w/Cream Cheese or Sunbutter & Yogurt F. Pizza		<b>Fresh fruit and fresh Vegetables are offered daily. Menu subject to Change without notice. Meals are planned to Meet the Dietary Guidelines.</b>	<b>Elementary Early Release</b>	1) Big Daddy's Pizza Cheese, Veggie or Sausage <b>Caesar Salad</b> Choice of Fruit
<b>Faculty Lunch:</b> Garden Salad <b>Sandwich of the Week:</b> Ham & Cheese Sandwich	4) <b>Chicken Tenders</b> with Dipping Sauce Oven Baked Fries Peas and Carrots Choice of Fruit	5) <b>Breakfast for Lunch!</b> Pancakes with Syrup Jones Light Sausage Dragon Juice Orange Smiles	6) Kayem Light Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Chilled or Fresh Fruit	7) <b>Elementary Early Release</b>	8) <b>Personal Pan Pizza</b> Choice of Toppings Cheese, Veggie or Hawaiian Caesar Salad Pineapple
<b>Faculty Lunch:</b> Asian Salad <b>Sandwich of the Week:</b> BBQ Rib Sandwich	11) Popcorn Chicken Oven Baked Fries Tender Sweet Corn Choice of Fruit	12) <b>STICKER DAY</b> <b>Stuffed Shells</b> with Marinara Sauce Green Beans Garlic Bread Chilled or Fresh Fruit	13) Chicken Patty or Spicy Chicken Patty on a Whole Wheat Roll Side of Lettuce & Tomato Choice of Fruit	14) <b>Elementary Early Release</b>	15) <b>Max Pizza Sticks</b> with Marinara Dipping Sauce Fresh Garden Salad w/Romaine Lettuce Side of Chick Peas Chilled or Fresh Fruit
<b>Faculty Lunch:</b> Chicken Caesar Salad <b>Sandwich of the Week:</b> Turkey Wrap	18) Breakfast for Lunch! <b>Waffles</b> with Syrup Jones Light Sausage Strawberries Baby Carrots	19) <b>STICKER DAY</b> Hamburger, Cheeseburger Or Veggie Burger on Whole Wheat Roll Romaine Lettuce, Tomato, Oven Baked Fries Chilled or Fresh Fruit	20) Pasta with Choice of Meat Sauce or Pesto Sauce (no nuts) Steamed Broccoli <b>Snowman Soft Pretzel</b> Choice of Fruit	21) <b>Elementary Early Release</b>	22) <b>Big Daddy's Pizza</b> Cheese, Veggie or Sausage Caesar Salad Choice of 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 Debi DiDuca: [ddiduca@abschools.org](mailto:ddiduca@abschools.org)

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](http://www.abschools.org/departments/food-services/lunch-menus)

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

For any questions concerning Lunch Payments contact [Lunchonline@abschools.org](mailto:Lunchonline@abschools.org)

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