


ABRHS November 2017 Menu



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

Monday	Tuesday	Wednesday	Thursday	Friday
We are proud to offer local Carlson Orchard Apples		1) Soft Shell Taco! Lean Meat or Refried Beans Romaine Lettuce Tomato, Olives, Cheese Salsa, Onions, S. Cream Chilled or Fresh Fruit	2) Chicken Tenders Vegetable Fried Rice Oriental Blend Vegetables Pineapple Chunks Fortune Cookie	3) Chicken Parmesan Side of Pasta w/ Marinara Sauce Warm Garlic Bread Tender Green Beans Chilled or Fresh Fruit
6) Grilled Chicken Caesar Wrap Spicy Fries Variety of Fruit	7) Professional Day No School	8) Build Your Own Burger! Hamburger or Cheeseburger on Whole Wheat Roll Romaine Lettuce, Tomato, Oven Baked Fries Choice of Fruit	9) Chicken Fajita Wrap Top your own! Chicken, Onions, Peppers, Cheese Black Bean Salad Rice Seasonal Fruit	10) No School
13) Steak and Cheese Sub on a Whole Wheat Sub Roll Oven Baked Fries Choice of Fruit	14) Grilled Cheese Sandwich Or Grilled Ham and Cheese Tomato Basil Soup Spicy Oven Baked Fries Chilled or Fresh Fruit	15) Pho Noodle Bowl Build your Own! Chicken, Diced Carrots Bok Choy, Onions, Peppers, Basil, Cilantro Chilled or Fresh Fruit	16) Popcorn Chicken Whipped Potatoes Broccoli Choice of Fruit	17) Chicken Broccoli Alfredo Warm Garlic Bread Tossed Garden Salad Chilled or Fresh Fruit
20) Tangy Barbeque Rib on a Whole Wheat Roll Oven Baked Fries Choice of Fruit	21) Chicken Drumstick Mashed Potatoes Gravy Steamed Broccoli Cranberry Sauce Choice of Fruit	22) Early Release No Lunch Served	23) Happy Thanksgiving!	24) No School
27) Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Oven Baked Fries Chilled or Fresh Fruit	28) Grilled Cheese Sandwich Or Grilled Ham and Cheese Tomato Basil Soup Spicy Oven Baked Fries Chilled or Fresh Fruit	29) Baked Potato Bar You select the toppings! Lean Meat, Cheese Sauce Broccoli, Sour Cream Beans Variety of Fruit	30) Grilled Chicken with Bacon and Cheese on a Whole Wheat Roll Lettuce & Tomato Fries 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: 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.