



Gates School November 2017 Menu



Weekly Offerings	Monday	Tuesday	Wednesday	Thursday	Friday
Faculty Lunch: Oriental Salad Sandwich of the Week: Sunbutter & Jelly Sandwich	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		1) Breakfast for Lunch! Waffles with Syrup Jones Light Sausage Baby Carrots Choice of Fruit	2) Elementary Early Release	3) Max Pizza Sticks with Marinara Dipping Sauce Fresh Garden Salad w/ Romaine Lettuce Chilled or Fresh Fruit Side of Chick Peas
Faculty Lunch: Chicken Caesar Salad Sandwich of the Week: Chicken Parm Sandwich	6) Chicken Tenders with Dipping Sauce Oven Baked Fries Broccoli Choice of Fruit	7) No School Professional Day	8) Kayem Light Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Chilled or Fresh Fruit	9) Elementary Early Release	10) No School
Faculty Lunch: Tossed Salad Sandwich of the Week: Meatball Sub	13) STICKER DAY Back by Popular Demand! Chicken Teriyaki Dippers Whole Grain Rice Steamed Broccoli Fortune Cookie Fresh Fruit	14) Build Your Own Burger Hamburger or Veggie Burger on a Whole Wheat Roll Romaine Lettuce, Tomato, Cheese, Pickle Smiley Potato Fries Baby Carrots, Choice of Fruit	15) Pasta with Meat Sauce or Marinara Sauce Green Beans Wheat Garlic Bread Chilled or Fresh Fruit	16) Elementary Early Release	17) Big Daddy's Pizza Cheese, Veggie or Sausage Cucumber and Grape Tomato Salad Side of Chick Peas Pears
Faculty Lunch: Chicken Caesar Salad Sandwich of the Week: Turkey Gobbler Wrap	20) Baked Mozzarella Sticks with Marinara Dipping Sauce Fresh Caesar Salad with Romaine Lettuce Chilled or Fresh Fruit	21) Crazy Chicken Bowl Crispy Popcorn Chicken Whipped Potatoes Golden Sweet Corn Pears Choice of Fruit	22) K-12 Early Dismissal No Lunch Served	23) Happy Thanksgiving!	24) No School
Faculty Lunch: Buffalo Chicken Salad Sandwich of the Week: Tuna Sandwich	27) Breakfast for Lunch Mini Pancakes with Syrup Jones Light Sausage Veggie Sticks Orange Juice	28) Chicken Patty or Spicy Chicken Patty on a Whole Wheat Roll Side of Lettuce & Tomato Pasta Salad Assorted Fruit	29) Nachos Supreme! Lean Beef or Vegetarian Refried Beans, Cheese Romaine, Tomato, Salsa Tender Sweet Corn Choice of Fruit	30) Elementary Early Release	Fresh Fruit and Fresh Vegetables are offered Daily. Menu Subject to change without Notice. Meals are Planned to Meet the Dietary Guidelines

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 Linda McCusker: Immucsker@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

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

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