




ABRHS October 2017 Menu



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

Monday	Tuesday	Wednesday	Thursday	Friday
2) Tangy Barbeque Rib on a Whole Wheat Roll Oven Baked Fries Choice of Fruit	3) Chicken Fajita Grilled Cheese Sandwich or Grilled Cheese and Ham Homemade Tomato Basil Soup Chilled or Fresh Fruit Seasonal Fruit	4) Taco Salad Bowl Lean Beef, Romaine Lettuce Tomato, Olives, Cheese Salsa, Onions Kidney Beans Chilled or Fresh Fruit	5) Build a Burrito Bowl!! Lean Ground Beef, Rice, Beans, Salsa, Sour Cream, Romaine Lettuce, Tomato Chilled or Fresh Fruit	6) Pasta with your choice of Meat, Marinara or Pesto Wheat Garlic Breadstick Steamed Broccoli Chilled or Fresh Fruit
9) No School	10) Grilled Cheese Sandwich or Grilled Cheese and Ham Homemade Tomato Basil Soup Chilled or Fresh Fruit	11) Build Your Own Burger! Hamburger or Cheeseburger on Whole Wheat Roll Romaine Lettuce, Tomato, Oven Baked Fries Chilled or Fresh Fruit	12) Early Release No Lunch	13) Something New! Mini Ravioli's with Marinara Sauce Wheat Garlic Breadstick Tender Green Beans Chilled or Fresh Fruit
16) Buffalo Chicken Wrap Lettuce, Tomato, Salsa Oven Baked Fries Black Bean Salad Fresh Local Apples	17) Boar's Head Italian Sub Side of Spicy Fries Chilled or Fresh Fruit	18) Baked Mozzarella Sticks w/Marinara Sauce Steamed Carrots Chilled or Fresh Fruit	19) Chicken Tenders with Orange Sauce Vegetable Lo Mein Mandarin Oranges Fortune Cookie	20) Pasta with your choice of Meat, Marinara or Pesto Wheat Garlic Breadstick Steamed Broccoli Chilled or Fresh Fruit
23) Chicken Caesar Wrap Or Meatball Sub Potato Puffs Choice of Fruit	24) Grilled Cheese Sandwich Or Grilled Ham and Cheese Sandwich Homemade Tomato Basil Soup Chilled or Fresh Fruit	25) Build Your Own Burger! Hamburger or Cheeseburger on Whole Wheat Roll Romaine Lettuce, Tomato, Oven Baked Fries Chilled or Fresh Fruit	26) Popcorn Chicken Mashed Potatoes Gravy Tender Sweet Corn Chilled or Fresh Fruit	27) Chicken and Broccoli Alfredo Wheat Garlic Breadstick Steamed Carrots Choice of Fruit
30) Hot Dog on a Roll Vegetarian Baked Beans Oven Baked Fries Choice of Fruit	31) Pulled Pork Panini Cole Slaw Oven Baked Fries Choice of Fruit			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: 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.