



Conant School October 2017 Menu



BREAKING NEWS: NOW SERVING BREAKFAST 20 MINUTES BEFORE THE START OF SCHOOL

Weekly Offerings	Monday	Tuesday	Wednesday	Thursday	Friday
Faculty Lunch: Garden Salad Sandwich of the Week: Cheese Quesadilla	2) Kayem Light Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Chilled or Fresh Fruit	3) Breakfast for Lunch! French Toast Sticks with Syrup Jones Light Sausage Dragon Juice Strawberries	4) STICKER DAY Hamburger or Veggie Burger on a Whole Wheat Roll Romaine Lettuce, Tomato, Cheese, Pickle Baby Carrots Orange Smiles	5) Elementary Early Release	6) Stuffed Crust Pizza Cheese, Veggie or Pepperoni Fresh Garden Salad w/ Romaine Lettuce Chilled or Fresh Fruit
Faculty Lunch: Buffalo Chicken Salad Sandwich of the Week: Ham and Cheese Sandwich	9) No School	10) Breakfast for Lunch! Waffles w/Syrup Jones Light Sausage Potato Puffs Orange Juice	11) Pasta with Meat Sauce or Marinara Sauce Green Beans Wheat Garlic Bread Chilled or Fresh Fruit	12) K-12 Early Release	13) Big Daddy's Pizza Cheese, Veggie or Sausage Cucumber and Grape Tomato Salad Side of Chick Peas Pears
Faculty Lunch: Asian Salad Sandwich of the Week: Pulled Pork Sandwich	16) Mini Cheese Ravioli Served with Marinara Sauce Green beans Warm Garlic Bread Applesauce	17) Breakfast for Lunch Mini Pancakes with Syrup Jones Light Sausage Veggie Sticks Orange Juice	18) STICKER DAY Nachos Supreme! Lean Beef or Vegetarian Refried Beans, Cheese Romaine, Tomato, Salsa Tender Sweet Corn Choice of Fruit	19) Elementary Early Release	20) Stuffed Crust Pizza Cheese, Veggie or Pepperoni Fresh Garden Salad w/ Romaine Lettuce Chilled or Fresh Fruit
Faculty Lunch: Chicken Caesar Salad Sandwich of the Week: Sunbutter/Jelly Sandwich	23) Chicken Tenders with Dipping Sauce Oven Baked Fries Peas and Carrots Choice of Fruit	24) Breakfast for Lunch! French Toast Sticks with Syrup Jones Light Sausage Dragon Juice Orange Smiles	25) Chicken Patty or Spicy Chicken Patty on a Whole Wheat Roll Side of Lettuce & Tomato Pasta Salad Assorted Fruit	26) Elementary Early Release	27) Personal Pan Pizza Choice of Toppings Cheese, Veggie or Hawaiian Caesar Salad Side of Chick Peas Pineapple
Faculty Lunch: Garden Salad with Tuna Sandwich of the Week: Turkey Sub	30) Popcorn Chicken Oven Baked Fries Corn Choice of Fruit	31) Happy Halloween! Baked Mozzarella Sticks with Marinara Dipping Sauce Fresh Caesar Salad with Romaine Lettuce Chilled or Fresh Fruit	Something New! If your child attends Extended Day on Thursdays, lunches can now be preordered at www.abschools.org under Quick Links		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

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

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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