



# Gates School October 2017 Menu



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