


ABRHS September 2017 Menu



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
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|  | 5) Welcome Back to School! 9th Grade Students Hamburger, Cheeseburger Veggie Burger, Pickles, Spicy Fries Choice of Fruit | 6) Baked Mozzarella Sticks w/Marinara Sauce Oven Baked Fries Chilled or Fresh Fruit | 7) Build a Burrito Bowl!! Lean Ground Beef, Rice, Beans, Salsa, Sour Cream, Romaine Lettuce, Tomato Chilled or Fresh Fruit | 8) Pasta with your choice of Meat or Marinara Sauce Wheat Garlic Breadstick Tender Green Beans Chilled or Fresh Fruit |
| 11) Tangy Barbeque Rib on a Whole Wheat Roll Oven Baked Fries Choice of Fruit | 12) Grilled Cheese Sandwich or Grilled Cheese and Ham Sweet Potato Fries Chilled or Fresh Fruit | 13) Taco Salad Bowl Lean Beef, Romaine Lettuce Tomato, Olives, Cheese Salsa, Onions Chilled or Fresh Fruit | 14) Chicken Tenders with Orange Sauce Vegetable Lo Mein Mandarin Oranges Fortune Cookie | 15) Pasta with your choice of Meat, Marinara or Pesto Wheat Garlic Breadstick Steamed Broccoli Chilled or Fresh Fruit |
| 18) Hot Dog on a Roll Vegetarian Baked Beans Oven Baked Fries Choice of Fruit | 19) Chicken Fajita Wrap Top your own! Chicken, Onions, Peppers, Cheese Black Bean Salad Rice Seasonal Fruit | 20) Build Your Own Burger! Hamburger or Cheeseburger on Whole Wheat Roll Romaine Lettuce, Tomato, Oven Baked Fries Chilled or Fresh Fruit | 21) No School Rosh Hashanah | 22) Pasta with your choice of Meat or Marinara Sauce Wheat Garlic Breadstick Tender Green Beans Chilled or Fresh Fruit |
| 25) Buffalo Chicken Wrap Lettuce, Tomato, Salsa Oven Baked Fries Black Bean Salad Fresh Local Apples | 26) Grilled Cheese Sandwich Or Grilled Ham and Cheese Sandwich Spicy Oven Baked Fries Chilled or Fresh Fruit | 27) Baked Mozzarella Sticks w/Marinara Sauce Oven Baked Fries Steamed Carrots Chilled or Fresh Fruit | 28) Popcorn Chicken Mashed Potatoes Gravy Tender Sweet Corn Chilled or Fresh Fruit | 29) Pasta with your choice of Meat, Marinara or Pesto Wheat Garlic Breadstick Steamed Broccoli Chilled or Fresh 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. This institution is an equal opportunity employer.

Questions or Comments? Contact Kirsten Nelson, Food Service Director at 978-264-4700 x 3221, abschools.org/departments/food-services/lunch-menus

Fresh Fruit, Veggies and Milk available daily. Menu subject to Change without notice. It is our Pleasure to serve you!!