


RJGrey Junior High September 2017 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	5) Welcome Back! 7th Grade Cookout! Hamburger, Veggie Burger or Kayem Light Hot Dog on a roll Lettuce, Tomato, Onion Pickles, Watermelon	6) Baked Chicken Patty Or Buffalo Chicken Patty on a Whole Wheat Roll Baked Potato Wedges Tender Green Beans Chilled Pears	7) Crispy Chicken Wrap Romaine Lettuce, Salsa, Sour Cream Black Bean Salad Seasonal Fruit	8) Big Daddy's Pizza w/ Choice of Toppings Fresh Caesar Salad w/ Romaine lettuce Seasonal Fruit
11) Chicken Tenders w/ Dipping Sauce Mashed Potatoes Peas and Carrots Choice of Fruit	12) Breakfast for Lunch! Pancakes or French Toast w/Syrup Jones Light Sausage Hashbrown Potato Warm Cinnamon Apples	13) Fengrey Franks on a Whole Wheat Roll Potato Puffs Carrot & Celery Sticks Fresh Fruit	14) Nachos Supreme! Lean Meat, Cheese Romaine Lettuce Mild Salsa, Sour Cream Three Bean Salad	15) Big Daddy's Pizza w/ Choice of Toppings Fresh Caesar Salad w/ Romaine lettuce Seasonal Fruit
18) Crispy Popcorn Chicken with Dipping Sauce Smiley Fries Cinnamon Glazed Carrots Variety of Fruit	19) Baked Mozzarella Sticks with warm Marinara Sauce Smiley Fries Tender Green Beans Variety of Fruit	20) Brunch for Lunch! French Toast Sticks w/ Syrup Jones Light Sausage Hashbrown Potato Warm Cinnamon Apples	21) No School Rosh Hashanah	22) Big Daddy's Pizza w/ Choice of Toppings Fresh Caesar Salad w/ Romaine lettuce Side of Chick Peas Seasonal Fruit
25) Baked Mozzarella Sticks with warm Marinara Sauce Roasted Sweet Potatoes Fresh Carrots & Celery Fresh Fruit	26) Baked Chicken Patty Or Buffalo Chicken Patty on a Whole Wheat Roll Baked Potato Wedges Tender Green Beans Chilled or Fresh Fruit	27) Build Your Own Burger! Hamburger/Veggie Burger on a Whole Wheat Roll Romaine, Tomato, Onion Pickles, Rst Sweet Potatoes Fruit	28) Popcorn Chicken with Dipping Sauce Baked Potato Puffs Steamed Broccoli Chilled or Fresh Fruit	29) Big Daddy's Pizza w/ Choice of Toppings Fresh Caesar Salad w/ Romaine lettuce Side of Chick Peas Seasonal Fruit

Available Friday only: Gluten Free Pizza. Order must be placed by Wednesday with Cafeteria Manager.

Cafeteria Manager, Jean Tibbetts: jetibbetts@abschools.org

Questions or Comments? Please contact Kirsten Nelson, Food Services Director at 978-264-4700 x3221

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

For any questions concerning lunch Payments contact Lunchonline@abschools.org

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