



# ABRHS February 2018 Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1) Pasta with your choice of Meat, Marinara or Pesto Wheat Garlic Breadstick Steamed Broccoli Chilled or Fresh Fruit	2) <b>Super Bowl Tailgate!</b> "Half Back" Hot Dog on a Whole Wheat Roll Sideline Fries Blitz Baked Beans Field Goal Fruit Smartfood Popcorn!
5) A-B Sampler Baked Mozzarella Sticks Boneless Sriracha Chicken Wings Spicy Fries Choice of Fruit	6) Taco Salad Bowl Lean Beef, Romaine Lettuce Tomato, Olives, Cheese Salsa, Onions Kidney Beans Choice of Fruit	7) Orange Chicken Vegetable Lo Mein Mandarin Oranges Fortune Cookie Seasonal Fruit	8)  <b>K-12 Early Dismissal</b>	9) Cheese Tortellini with choice of Alfredo or Red Sauce Side Salad Garlic Bread Choice of Fruit
12) Tangy Barbeque Rib on a Whole Wheat Roll Oven Baked Fries Choice of Fruit	13) <b>Build a Burrito Bowl!!</b> Lean Ground Beef, Rice, Beans, Salsa, Sour Cream, Romaine Lettuce, Tomato Chilled or Fresh Fruit	14) <b>Build Your Own Burger!</b> Hamburger or Cheeseburger on Whole Wheat Roll Romaine Lettuce, Tomato, Oven Baked Fries Chilled or Fresh Fruit	15) <b>Pho Noodle Bowl</b> Build your Own! Chicken, Diced Carrots Bok Choy, Onions, Peppers, Basil, Cilantro Seasonal Fruit	16) Pasta with your choice of Meat, Marinara or Pesto Wheat Garlic Breadstick Steamed Broccoli Chilled or Fresh Fruit
 <h2>February Break</h2> 				
26) Baked Mozzarella Sticks w/Marinara Sauce Steamed Carrots Chilled or Fresh Fruit	27) Grilled Cheese Sandwich or Grilled Ham and Cheese Tomato Basil Soup Fries Chilled or Fresh Fruit	28) Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Oven Baked Fries Chilled or Fresh Fruit		<b>Fresh fruit and fresh Vegetables are offered Daily. Menu subject to Change without notice. Meals are planned to Meet the Dietary Guidelines.</b>

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. Meals are planned to meet the Dietary Guidelines.

Visit our Website at [www.abschools.org/departments/food-services/lunch-menus](http://www.abschools.org/departments/food-services/lunch-menus)

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