



ABRHS January 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) Winter Recess No School	2) Hot Dog on a Whole Wheat Roll Vegetarian Baked Beans Oven Baked Fries Chilled or Fresh Fruit	3) Grilled Cheese Sandwich Or Grilled Ham and Cheese Tomato Basil Soup Fries Chilled or Fresh Fruit	4) Chicken Fajita in a Bowl or a Wrap Top your own w/ Onions, Peppers, Cheese Black Bean Salad Rice Seasonal Fruit	5) Pasta with your choice of Meat, Marinara or Pesto Wheat Garlic Breadstick Steamed Broccoli Chilled or Fresh Fruit
8) A-B Sampler Baked Mozzarella Sticks Boneless Sriracha Chicken Wings Spicy Fries Choice of Fruit	9) Taco Salad Bowl Lean Beef, Romaine Lettuce Tomato, Olives, Cheese Salsa, Onions Kidney Beans Choice of Fruit	10) Italian Sub Ham, Salami and Cheese Lettuce, Tomato, Pickles, Hots Oven Baked Fries Chilled or Fresh Fruit	11) Orange Chicken Vegetable Lo Mein Mandarin Oranges Fortune Cookie	12) Cheese Tortellini with choice of Alfredo or Red Sauce Side Salad Garlic Bread Choice of Fruit
15) Martin Luther King Day No School	16) Build Your Own Burger! Hamburger or Cheeseburger on Whole Wheat Roll Romaine Lettuce, Tomato, Oven Baked Fries Chilled or Fresh Fruit	17) Build a Burrito Bowl!! Lean Ground Beef, Rice, Beans, Salsa, Sour Cream, Romaine Lettuce, Tomato Chilled or Fresh Fruit	18) Pho Noodle Bowl Build your Own! Chicken, Diced Carrots Bok Choy, Onions, Peppers, Basil, Cilantro Seasonal Fruit	19) Pasta with your choice of Meat, Marinara or Pesto Wheat Garlic Breadstick Steamed Broccoli Chilled or Fresh Fruit
22) Tangy Barbeque Rib on a Whole Wheat Roll Oven Baked Fries Choice of Fruit	23) Mid Year Exams Daily offerings: Pizza, Chicken Patties, Sandwiches and Salads The Snack Bar is open!	24) Mid Year Exams Daily offerings: Pizza, Chicken Patties, Sandwiches and Salads The Snack Bar is open!	25) Mid Year Exams Daily offerings: Pizza, Chicken Patties, Sandwiches and Salads The Snack Bar is open!	26) Mid Year Exams Daily offerings: Pizza, Chicken Patties, Sandwiches and Salads The Snack Bar is open!
29) Baked Mozzarella Sticks w/Marinara Sauce Steamed Carrots Chilled or Fresh Fruit	30) Grilled Cheese Sandwich or Grilled Ham and Cheese Tomato Basil Soup Fries Chilled or Fresh Fruit	31) Pulled Pork on a Roll Cole Slaw Oven Baked Fries Choice of Fruit		Fresh fruit and fresh Vegetables are offered Daily. Menu subject to Change without notice. Meals are planned to Meet the Dietary Guidelines.

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. It is our Pleasure to serve you!!

Visit our Website at www.abschools.org/departments/food-services/lunch-menus

This institution is an equal opportunity employer.