




RJGrey Junior High January 2018 Menu



NEW - BOAR'S HEAD MADE TO ORDER SANDWICHES AVAILABLE ON THURSDAYS

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 1) Happy New Year! No School | 2) Fengrey Frank on a Whole Wheat Roll Potato Puffs Fresh Fruit | 3) Build Your Own Burger! Hamburger/Veggie Burger on a Whole Wheat Roll Romaine, Tomato, Onion Pickles, Rst Sweet Potatoes Fruit | 4) Big Daddy's Pizza w/ Choice of Toppings Fresh Caesar Salad w/ Romaine lettuce Side of Chick Peas Seasonal Fruit | 5) Junior High Early Dismissal No Lunch Served |
| 8) Popcorn Chicken with Dipping Sauce Baked Potato Puffs Green Beans Chilled or Fresh Fruit | 9) Mini Cheese Ravioli Served with Marinara Sauce Sweet Corn Warm Garlic Bread Applesauce | 10) Baked Chicken Patty Or Buffalo Chicken Patty on a Whole Wheat Roll Baked Potato Wedges Broccoli Salad Chilled or Fresh Fruit | 11) Grilled Cheese Sandwich Tomato Soup Choice of Fruit | 12) Big Daddy's Pizza w/ Choice of Toppings Fresh Caesar Salad w/ Romaine lettuce Side of Chick Peas Seasonal Fruit |
| 15) Martin Luther King Day No School | 16) Build Your Own Burger! Hamburger/Veggie Burger on a Whole Wheat Roll Romaine, Tomato, Onion Pickles, Rst Sweet Potatoes Fruit | 17) Breakfast for Lunch Pancakes w/Syrup Jones Light Sausage Potato Puffs Orange Juice | 18) Build Your Own Taco Lean Meat, Cheese Romaine, Salsa, Cheese, Sour Cream Corn & Black Bean Salad Choice of Fruit | 19) Big Daddy's Pizza w/ Choice of Toppings Fresh Caesar Salad w/ Romaine lettuce Seasonal Fruit |
| 22) Chicken Teriyaki Dippers Mashed Potatoes Peas and Carrots Choice of Fruit | 23) Brunch for Lunch! French Toast Sticks w/ Syrup Jones Light Sausage Potato Puffs Warm Cinnamon Apples | 24) Nachos Supreme! Lean Meat, Cheese Romaine Lettuce Mild Salsa, Sour Cream Three Bean Salad | 25) Baked Mozzarella Sticks with warm Marinara Sauce Smiley Fries Tender Green Beans Variety of Fruit | 26) Big Daddy's Pizza w/ Choice of Toppings Fresh Caesar Salad w/ Romaine lettuce Choice of Fruit |
| 29) Popcorn Chicken with Dipping Sauce Baked Potato Puffs Green Beans Chilled or Fresh Fruit | 30) Your Choice of: Fengrey Frank, Hamburger or Veggie Burger on a Whole Wheat Roll Romaine, Tomato, Onion Pickles, Smiley Fries Fresh Fruit | 31) Baked Potato Bar You select the toppings! Lean Meat, Cheese Sauce Broccoli, Sour Cream Beans Variety of Fruit |  | Smoothies, assorted wraps, sandwiches, and salads are available daily. |

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. Meals are planned to meet the Dietary Guidelines.

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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