




ABRHS September 2018 Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
Did you know...	Make your own Boar's Head Deli Sandwich Bar is available daily	Assorted Salads and Wraps are always available for purchase	Assorted Pizzas and Smoothies are made fresh daily	
3) Labor Day	4) First Day of School! Welcome Back! 9th Grade Students Hamburger, Cheeseburger Veggie Burger, Pickles, Lettuce, Tom., Spicy Fries Choice of Fruit	5) Baked Mozzarella Sticks w/ Marinara Sauce Oven Baked Fries Chilled or Fresh Fruit	6) Build a Burrito Bowl!! Lean Ground Beef, Rice, Beans, Salsa, Sour Cream, Romaine Lettuce, Tomato Chilled or Fresh Fruit	7) Pasta with your choice of Meat or Marinara Sauce Wheat Garlic Breadstick Tender Green Beans Chilled or Fresh Fruit
10) No School Rosh Hashana	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) Twin Tacos Lean Beef, Romaine Lettuce Tomato, Olives, Cheese Salsa, Onions Fiesta Corn and Bean Salad Chilled or Fresh Fruit	14) Mini Cheese Ravioli w/ Marinara or Pesto Sauce Wheat Garlic Breadstick Steamed Broccoli Chilled or Fresh Fruit
17) Hot Dog on a Roll Vegetarian Baked Beans Oven Baked Fries Choice of Fruit	18) Chicken Fajita Wrap Top your own! Chicken, Onions, Peppers, Cheese Black Bean Salad Spanish Rice Seasonal Fruit	19) No School Yom Kippur	20) Build Your Own Burger! Hamburger or Cheeseburger on Whole Wheat Roll Romaine Lettuce, Tomato, Onion Rings Chilled or Fresh Fruit	21) Cheese Tortellini w/ Marinara or Alfredo Sauce Cheesy Garlic Breadstick Tender Green Beans Chilled or Fresh Fruit
24) Buffalo Chicken Wrap Lettuce, Tomato, Salsa Oven Baked Fries Black Bean Salad Fresh Local Apples	25) Something New! Pulled Pork on Slider Rolls Cole Slaw Sweet Potato Fries Chilled or Fresh Fruit	26) Nachos!! with Queso Cheese Sauce Lean Beef, Beans Lettuce, Tomato Salsa Choice of Fruit	27) Back by Popular Demand! Popcorn Chicken Bowl Served with Chicken Mashed Potatoes Gravy Tender Sweet Corn Chilled or Fresh Fruit	28) NEW~Chicken Piccata Seared Chicken Simmered in a Flavorful Lemon Sauce & Served w/ Pasta 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

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

This institution is an equal opportunity employer.