




ABRHS OCTOBER 2009 MENU



Hamburgers, Hotdogs, Grilled cheese, and Chicken Patty Sandwiches are offered daily. Home Made Pizza, Made to Order Deli Sandwiches and assorted Salads are also available daily in addition to the Main Lunch. Starting in October, Two Soup choices will be available in the Snack Bar.

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include 10 oz. Milk. Choice of Fresh Fruit & Fresh Vegetables. Now serving local and Organic Apples and Vegetables from Butter Brook Farm	All Meals are Planned to Meet the Dietary Guidelines		1) Chinese Rice Bowl Chicken Teryaki Dippers Vegetable Fried Rice Pineapple Chunks Fortune Cookie	2) Pasta with Choice of Meat or Marinara Sauce Vegetable Choices Warm Garlic Bread
5) Pasta with Choice of Meatballs and/or Marinara Sauce Vegetable Choice Sliced Scali Bread	6) Build Your Own Burger! Cheeseburger or Veggie Burger, Whole Wheat Roll Locally Grown Lettuce & Tomato	7) Lean MeatTaco Salad Lettuce, Tomato, Kidney Beans, Olives, Cheese, Salsa Onions and Sour Cream Rice	8) Baked Mozzarella Sticks w/Marinara Sauce Side Salad Chilled Fruit	9) Pasta with Choice of Meat or Marinara Sauce Choice of Vegetable Warm Garlic Bread
12) No School Columbus Day! 	13) Meatball Sub Oven Roasted Red Potatoes Fresh Celery and Carrot Stix	14) Choice of: Southwestern Chicken or Black Bean Wrap Choice of Fresh Fruit and Veggies	15) Popcorn Chicken in a Bowl Whipped Potatoes, Sauce Tender Sweet Corn	16) Pasta with Choice of Meat or Marinara Sauce Vegetable Choices Warm Garlic Bread
19) Pasta with Choice of Meatballs and/or Marinara Sauce Choice of Vegetable Sliced Scali Bread	20) Roast Turkey with Harvest Blend Vegetables Dinner Roll Choice of Fruit	21) Lean MeatTaco Salad Lettuce, Tomato, Kidney Beans, Olives, Cheese, Salsa Onions and Sour Cream Rice	22) Chicken Teryaki Dippers Vegetable Lo Mein Pineapple Chunks	23) Pasta with Choice of Meat or Marinara Sauce Choice of Vegetable Warm Garlic Bread
26) Pasta with Choice of Meatballs and/or Marinara Sauce Vegetable Choices Sliced Scali Bread	27) Chicken Parmesan on Bulkie Roll Tender Green Beans Fruit Choice	28) Choice of: Southwestern Chicken or Black Bean Wrap Choice of Fresh Fruit & Vegetables	29) Shepard's Pie w/Ground Beef, Corn and Mashed Potatoes Whole Wheat Dinner Roll Chilled or Fresh Fruit	30) Halloween Pasta with Broccoli and Chicken Alfredo Warm Breadstick Chilled or Fresh Fruit

Questions or comments? Please contact Kirsten Nelson, Food Service Director, at 978-264-4700 ext 3221.

Menu subject to change without notice. It is our Pleasure to serve you!

Visit our website @ <http://ab.mec.edu/schmenus.shtml>