




HAPPY HALLOWEEN!!!



Conant School October 2009 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Menu Offerings: B: Sandwich of the Week C: Pizza D: Chicken Caesar Salad E: Bagel Lunch w/yogurt	Choice of Milk Served Daily. 100% Juice available with all Lunches	Fresh Fruit and Fresh Vegetables are offered Daily. Menu Subject to Change without Notice. Meals are Planned to Meet the Dietary Guidelines.	1) Faculty Lunch: Caesar Salad Sandwich of the Week: Ham and Cheese Croissant	2) Sal's North End Pizza Choice of Toppings Fresh Garden Salad Strawberries
5) Breakfast for Lunch! Pancakes with Syrup Jones Light Sausage Cinnamon Spiced Apples Sticker Day!	6) Baked Chicken Rings with Dipping Sauce Fresh Broccoli Potato Puffs Chilled or Fresh Fruit	7) Warm Mozzarella Sticks w/Marinara Sauce Warm Bread Stick Fresh Veggie Sticks Seasonal Fruit	8) Faculty Lunch: Caesar Salad Sandwich of the Week: Steak and Cheese Sub	9) Pizza Mania!!! All your Favorites with Choice of Toppings Fresh Caesar Salad Chilled or Fresh Fruit
12) No School Columbus Day 	13) Popcorn Chicken with Dipping Sauce Steamed Rice Green Beans Wheat Dinner Roll Chilled or Fresh Fruit	14) Pasta Day! Pasta with Choice of Meat or Marinara Sauce Italian Blend Vegetables Warm Garlic Bread Seasonal Fruit	15) Faculty Lunch: Chicken Caesar Salad Sandwich of the Week: Something New! Hummus Plate w/Pita Fresh Veggie Stix & Fruit	16) Max Pizza Sticks with Marinara Sauce Tender Sweet Corn Chilled or Fresh Fruit
19) Crispy Chicken Nuggets with Dipping Sauce Mashed Potatoes Tender Sweet Corn Chilled or Fresh Fruit	20) Breakfast for Lunch! Choice of Cereal Bagel w/ Cream Cheese Ham and Cheese Cubes Fresh Veggie Sticks Seasonal Fruit	21) Build Your Own Burger Hamburger on a roll Lettuce, Tomato, Onion Pickles & Cheese Baked Fries Chilled or Fresh Fruit	22) Faculty Lunch: Buffalo Chicken Salad Sandwich of the Week: Bacon and Cheese on a Bagel	23) Stuffed Crust Pizza Choice of Toppings Fresh Garden Salad Chilled or Fresh Fruit Birthday Cookie!
26) Kayem Light Hot Dog on a Roll Vegetarian Baked Beans Pudding with Topping Chilled or Fresh Fruit	27) Teriyaki Chicken Dippers Steamed Rice Fresh Stir Fry Vegetables Dinner Roll Pineapple, Fortune Cookie Sticker Day!	28) Pasta Day! Pasta with choice of Meat or Marinara Sauce Tender Green Beans Crusty French Bread Chilled or Fresh Fruit	29) Faculty Lunch: Oriental Salad Sandwich of the Week: Turkey Wrap	30) Happy Halloween! Everyone's Favorite!!! School's Own Pizza Fresh Caesar Salad Chilled or Fresh Fruit Minutemaid Orange Juice Bar

Questions or Comments? Please contact Kirsten Nelson, Food Service Director at 978-264-4700 ext. 3221
 Visit our Website @<http://ab.mec.edu/schmenus.shtml>. It is our Pleasure to serve you!!!