



# DOUGLAS SCHOOL DECEMBER 2009 MENU

## Douglas "Under the Sea" Café



Something NEW!!!! We are pleased to offer Sunbutter as an option with our bagel lunch.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daily Menu Offerings:</b> B:Sandwich of the Week C:Grilled Cheese D:Pizza (MTW) E:Bagel Lunch w/Yogurt (Fri. only) F:Chicken Caesar Salad	1) Kayem Light Hot Dog on a Roll Vegetarian Baked Beans Pudding with Topping Chilled or Fresh Fruit <b>Sticker Day!</b>	2) <b>Pasta Day!</b> Pasta with choice of Meat or Marinara Sauce Tender Green Beans Crusty French Bread Chilled or Fresh Fruit	3) <b>Faculty Lunch:</b> Oriental Chicken Salad <b>Sandwich of the Week:</b> Fish Pattie on a Bun	4) <b>Everyone's Favorite!!!</b> School's Own Pizza <b>Fresh Caesar Salad</b> Chilled or Fresh Seasonal Fruit
7) <b>Brunch for Lunch</b> French Toast Sticks with Syrup Jones Light Sausage Sliced Peaches	8) Chicken Patty on a Roll Lettuce and Tomato Homemade Pasta Salad Jell-O with Topping Chilled or Fresh Fruit	9) <b>Nachos Supreme!</b> Lean Meat, Cheese, Lettuce, Tomato Mild Salsa, Corn Dinner Roll Chilled or Fresh Fruit	10) <b>Faculty Lunch:</b> Caesar Salad <b>Sandwich of the Week:</b> Chicken Caesar Wrap	11) <b>Sal's North End Pizza</b> Choice of Toppings <b>Fresh Garden Salad</b> Seasonal Fruit Birthday Cookie!
14) Baked Chicken Rings with Dipping Sauce <b>Fresh Broccoli</b> Potato Puffs Chilled or Fresh Fruit	15) <b>Breakfast for Lunch!</b> Pancakes with Syrup <b>Jones Light Sausage</b> Cinnamon Spiced Apples	16) Warm Mozzarella Sticks with Marinara Sauce Warm Bread Stick <b>Fresh Veggie Sticks</b> Seasonal Fruit	17) <b>Faculty Lunch:</b> Tossed Salad <b>Sandwich of the Week:</b> Hummus Plate w/ Pita and Fresh Veggies	18) <b>Pizza Mania!!!</b> All your Favorites with Choice of Toppings <b>Fresh Caesar Salad</b> Chilled or Fresh Fruit
21) Taco Wrap Lean Seasoned Beef Lettuce, Tomato, Cheese Tender Sweet Corn Seasonal Fruit	22) Popcorn Chicken with Dipping Sauce Steamed Rice Green Beans Dinner Roll Chilled or Fresh Fruit	23) <b>Pizza Mania!!!</b> All your Favorites with Choice of Toppings <b>Fresh Caesar Salad</b> Chilled or Fresh Fruit	24) <b>Faculty Lunch:</b> Buffalo Chicken Salad <b>Sandwich of the Week:</b> BBQ Rib on a Roll	25) Fresh Fruits and Fresh Vegetables are offered Daily. Menu subject to Change without Notice. Meals are Planned to Meet the Dietary Guidelines.

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!!!



### Best Wishes for a Happy Holiday Season and Happy Vacation!

Choice of Milk Served Daily. 100% Juice available with all Lunches