




HAPPY HALLOWEEN!!!

Gates School October 2009 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Daily Menu Offerings: B: Sandwich of the Week C: Grilled Cheese D: Chicken Caesar Salad E: Pizza (MTW) only	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: Southwestern Salad Sandwich of the Week: Steak and Cheese Sub	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: Turkey Club Wrap	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: Chicken Parmesan Sandwich	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 Something New! Sandwich of the Week: Hummus Plate w/Pita Fresh Veggie Stix & Fruit	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	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: Quesadillas	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!!!