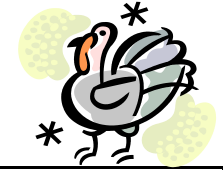




Happy Thanksgiving!



GATES SCHOOL NOVEMBER 2009 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2) Chicken Patty on a Roll Lettuce and Tomato Smiley Face Fries Chilled or Fresh Fruit	3) Daily Menu Offerings: B: Sandwich of the Week C: Grilled Cheese D: Chicken Caesar Salad E: Pizza (MTW only)	4) Nachos Supreme! Lean Meat, Cheese, Lettuce, Tomato Mild Salsa, Corn Dinner Roll Chilled or Fresh Fruit	5) Faculty Lunch: Caesar Salad Sandwich of the Week: Steak and Cheese Sub	6) Sal's North End Pizza Choice of Toppings Fresh Garden Salad Seasonal Fruit
9) Breakfast for Lunch! Pancakes with Syrup Jones Light Sausage Cinnamon Spiced Apples	10) Baked Chicken Rings with Dipping Sauce Fresh Broccoli Potato Puffs Chilled or Fresh Fruit	11) No School Veteran's Day	12) Faculty Lunch: Tossed Salad Sandwich of the Week: Meatball Sub	13) Pizza Mania!!! All your Favorites with Choice of Toppings Fresh Caesar Salad Chilled or Fresh Fruit
16) Breakfast for Lunch! Waffle Sticks with Syrup Warm Sliced Ham Fresh Orange Smiles	17) Popcorn Chicken with Dipping Sauce Steamed Rice Green Beans Dinner Roll Chilled or Fresh Fruit	18) Early Release No Lunch Served	19) Faculty Lunch: Tossed Salad w/ Tuna Sandwich of the Week: Ham and Cheese Croissant	20) Max Pizza Sticks with Marinara Sauce Tender Sweet Corn Chilled or Fresh Fruit
23) Build Your Own Burger Hamburger on a roll Lettuce, Tomato, Onion Pickles & Cheese Baked Fries Chilled or Fresh Fruit	24) Early Release No Lunch Served	25) Early Release No Lunch Served	26) Thanksgiving Faculty Lunch: Chicken Caesar Salad Sandwich of the Week: Turkey Gobbler Wrap	27) No School
30) Teriyaki Chicken Dippers Steamed Rice Fresh Stir Fry Vegetables Dinner Roll Pineapple Fortune Cookie		Choice of Milk Served Daily. 100% Juice available with all Lunches	Faculty Lunch: Oriental Chicken Salad Sandwich of the Week: Buffalo Chicken Wrap	Fresh fruit 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!!!