




# FENGREY PARK



## October 2009 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Fresh Salads, Deli Sandwiches Peanut Butter and Jelly and Fresh Fruits are offered Daily. Menu Subject to Change without notice.	All Meals are Planned to Meet the Dietary Guidelines  Choice of Milk Served with all Lunches.		1) <b>Everyone's Favorite!</b> Warm Mozzarella Sticks with Marinara Sauce Steamed California Veggies <b>Fresh Fruit</b>	2) North End Pizza with choice of Toppings <b>Fresh Caesar Salad</b> Trail Mix Chilled or Fresh Fruit
5) Baked Chicken Nuggets Steamed California Veggies Whole Wheat Roll <b>Fresh Fruit</b>	6) Spicy Chicken Wings Tender Sweet corn Baked Potato Puffs Dinner Roll Chilled Fruit	7) Bacon/Egg and Cheese Sandwich on a Bagel Potato Pattie Small Yogurt Veggie Sticks Fruit Tray	8) Hamburger or Cheeseburger on a Roll w/Lettuce & Tomato Baked Potato Round Apples & Diced Fruits	9) Sal's Pizza Slice with choice of Toppings <b>Fresh Tossed Salad</b> Fruit Bar
12) <b>No School Columbus Day!</b> 	13) Buffalo Chicken Wrap w/Lettuce, Tomato, Sour Cream and Salsa Baked Potato Puffs Fruit Choices	14) Kayem Lite Hot Dog on a Roll Vegetarian Beans <b>Fresh Veggie Stix</b> Fruit Choices	15) Spicy Barbeque Rib Sandwich Baked Potato Spirals <b>Fresh Veggie Sticks</b> <b>Fresh Fruit</b>	16) <b>Pizza Mania!!!</b> Your Choice of Pizza with Assorted Toppings <b>Fresh Garden Salad</b> Fruit
19) Baked Chicken Tenders Tender Green Beans Whipped Potatoes Sliced Scali Bread Diced Pears <b>Fresh Fruit</b>	20) Chicken Pattie on Whole Wheat Roll Tomato, Lettuce, Pickles Spicy Potato Wedge Choice of Fruit	21) Jumbo New York Style Pretzel Mozzarella Cheesestick Small Yogurt Hash Browned Potato Fruit	22) <b>Nachos Supreme!!</b> Lean Meat, Cheese, Sauce, Tomatoes, Salsa Sour Cream Whole Wheat Roll Seasonal Fruit	23) Stuffed Crust Pizza with choice of Toppings <b>Fresh Salad w/ Croutons</b> <b>Fresh Fruit Choices</b>
26) Baked Chicken Drumsticks Broccoli & Cauliflower Mix Whole Wheat Roll Seasonal Fruit	27) Spicy Chicken Sandwich on a Bulkie Roll Oriental Veggies Potato Wedge Fruit Choices	28) Chicken O's Sliced Carrots Steamed Rice Whole Wheat Roll <b>Fresh Fruit Choices</b>	29) <b>Build Your Own Burger</b> Choice of Toppings Lettuce, Tomato, Pickle Spiral Fries Choice of Fruit	30) Pizza Day! with choice of Toppings <b>Fresh Tossed Salad</b> Trail Mix Fruit Choice

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>