

Daily Options:

- Weekly Option
- Grilled Cheese on Whole Wheat with Tomato Soup
- Chicken Caesar Salad
- Bagel with Cream Cheese or Sunbutter and Yogurt
- Pizza
- Chicken Patty on Roll (Fri only)

Menu subject to change without notice.

Meal Pricing: Lunch \$2.75 (Reduced \$.40) Breakfast \$1.75 (Reduced \$.30).

All meals served with vegetables, fruit and milk. Healthy choice snacks, a la carte items, fruit & water also available for purchase.

Pre-pay online at www.schoolcafe.com/abrsd

Pay by cash or check (AB Food Services) at school.

Apply for Free/Reduced Meals online anytime at: www.schoolcafe.com/abrsd

Visit our website at www.abschools.org/district/food_services



Merriam School – December 2019

WEEKLY OPTIONS	MONDAY	TUESDAY	WEDNESDAY	FRIDAY
Weekly Faculty Salad: Tossed Salad with Grilled Chicken Weekly Option: Pulled Pork on a Roll	2 STICKERY DAY! Mini Cheese Raviolis served with Marinara Sauce Green Beans Warm Breadstick Applesauce	3 Breakfast for Lunch French Toast Sticks served with Syrup Jones Chicken Sausage Roasted Diced Potatoes Orange Juice	4 Burger Bar Hamburger or Veggie Burger on Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Oven Baked Fries Strawberry Cup	6 Stuffed Crust Pizza Choice of Cheese, Vegetable or Pepperoni Garden Salad with Romaine Lettuce Side of Chick Peas Orange Smile
Weekly Faculty Salad: Greek Salad Weekly Option: Chicken Fajita on a Wrap	9 Everyone's Favorite Mozzarella Sticks served with Marinara Sauce Mixed Vegetable Blend Applesauce	10 STICKERY DAY! Chicken Patty or Spicy Chicken Patty on Whole Wheat Roll served with Lettuce and Tomato Smiley Fries Assorted Fruit	11 Nacho Supreme Lean Beef or Vegetarian Refried Beans Queso Cheese Sauce Romaine, Tomato, Salsa Tender Sweet Corn Choice of Fruit	13 Personal Pan Pizza Choice of Cheese, Veggie or Hawaiian Caesar Romaine Salad Pineapple
Weekly Faculty Salad: Oriental Salad Weekly Option: Chicken Parmesan on a Roll	16 Dip it Up! Teriyaki Chicken Dippers Steamed Rice Steamed Carrots Fortune Cookie Pineapple	17 Breakfast for Lunch Pancakes served with Syrup Jones Chicken Sausage Roasted Diced Potatoes Orange Juice	18 The Pasta Pot Pasta with Choice of Meat or Marinara Sauce Green Beans Wheat Garlic Bread Chilled or Fresh Fruit	20 Pizza Mania! Choice of Cheese, Vegetable or Pepperoni Caesar Romaine Salad Side of Chick Peas Fruit

Winter Recess

		<div style="background-color: #d1c4e9; border-radius: 15px; padding: 10px; display: flex; align-items: center;"> <h2 style="margin: 0;">Winter Recess</h2> </div>	If your child attends Extended Day on Thursday, lunches may be preordered online at Extended Day Website
--	--	---	--



Gluten Free Turkey and Cheese in a Joseph's Gluten Free Tortilla is available daily with 24 hr. notice to Café Manager
 Gluten Free pizza is available on Fridays. Place order by Wednesday with Café Manager.
 Cafeteria Manager Cheryl Madden: cmadden@abschools.org
 Meals are planned to meet USDA Dietary Guidelines. This institution is an Equal Opportunity provider.
 Questions or Comments, please contact Kirsten Nelson, Food Services Director
 at (978) 264-4700 x3221 or at lunchonline@abschools.org
 It's our Pleasure to Serve You!