



ABRHS DECEMBER 2009 MENU



Hamburgers, Hotdogs, Grilled cheese, and Chicken Patty Sandwiches are offered daily. Home Made Pizza, Made to Order Deli Sandwiches and assorted Salads are also available daily in addition to the Main Lunch. Two Soup choices will be available in the Snack Bar.

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include 10 oz. Milk. Choice of Fresh Fruit & Fresh Vegetables. Now serving local and organic apples from Butter Brook Farm	1) 2 Hotdogs on a Roll Vegetarian Baked Beans Choice of Fruit	2) Chicken Teriyaki Dippers Vegetable Lo Mein Fortune Cookie Pineapple	3) Baked Mozzarella Sticks w/Marinara Sauce Side Salad Chilled Fruit	4) Pasta with Meat or Marinara Sauce Vegetable Warm Garlic Bread Seasonal Fruit
7) Pasta with Choice of Meatballs and/or Marinara Sauce Vegetable Choice Sliced Scali Bread Fruit Bar	8) Build Your Own Burger! Cheeseburger or Veggie Burger, Whole Wheat Roll w/Lettuce and Tomato Fruit	9) Lean MeatTaco Salad Lettuce, Tomato, Kidney Beans, Olives, Cheese, Salsa Onions and Sour Cream Rice	10) Chinese Rice Bowl Chicken Teryaki Dippers Vegetable Fried Rice Pineapple Chunks Fortune Cookie	11) Pasta with Meat or Marinara Sauce Vegetable Choices Warm Garlic Bread Seasonal Fruit
14) Pasta with Choice of Meatballs and/or Marinara Sauce Vegetable Choice Sliced Scali Bread Choice of Fruit	15) Chicken Parmesean on Whole Wheat Roll Mixed Vegetables Oven Roasted Potatoes Fruit Choice	16) Pulled Pork on Whole Wheat Roll Oven Roasted Potatoes Vegetables Fruit Choice	17) Popcorn Chicken in a Bowl Whipped Potatoes,Sauce Tender Sweet Corn Choice of Fruit	18) Chicken and Broccoli Alfredo Warm Breadstick Chilled or Fresh Fruit
21) Pasta with Choice of Meatballs and/or Marinara Sauce Choice of Vegetable Sliced Scali Bread	22) Steak and Cheese Sandwich w/Peppers, Onions and Mushrooms Fresh Veggie Sticks Assorted Fruit	23) Holiday Buffet Manager's Choice	24) No School	25) No School All Meals are Planned to Meet the Dietary Guidelines



Best Wishes for a Happy Holiday Season and Happy Vacation!

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>