

Made Fresh Daily Options:

Assorted Sandwiches/Wraps including Peanut Butter and Jelly sandwiches
 Boar's Head deli sandwiches on Thursdays
Try something new – Power Paks
 Assorted Grab and Go Salads/Smoothies
 Pizza
Menu Subject to Change without Notice



RJGrey School Meal Pricing: Lunch tiered pricing starting at \$2.75 (Reduced \$.40) Breakfast \$1.75 (Reduced \$.30). All meals served with Veggies, Fruit and choice of Milk. Healthy Choice Snacks, A la carte items, Fruit & Water 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

RJGrey Junior High – January 2019

HAPPY FRIDAY!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Happy New Year 	2 Back to School Brunch for Lunch French Toast Sticks Jones Chicken Sausage Dragon Juice Fruit	3 Baked or Buffalo Chicken Patty on Whole Wheat Roll Baked Potato Wedges Tender Green Beans Chilled or Fresh Fruit	4 Jr. High Early Release No Lunch Served 
7 Try something new – Cheese Lasagna Roll-up Steamed Broccoli Garlic Bread Stick Choice of Fruit	8 Top Your Own Chicken Fajita with Onions, Peppers, Lettuce, Tomatoes, Cheese, Sour Cream Black Bean Salad Choice of Fruit 	9 Fengrey Franks Hot dog on a Whole Wheat Roll Potato Puffs Carrot and Celery Sticks Choice of Fruit	10 Breakfast Sandwich Egg and Cheese on an English Muffin Side of Chicken Sausage Roasted Potatoes Orange Juice Choice of Fruit 	11 Big Daddy's Pizza With choice Toppings Fresh Caesar Salad with Romaine Lettuce Seasonal Fruit 
14 Crazy Chicken Bowl Popcorn Chicken, Mashed Potatoes, Corn, and Creamy Gravy Choice of Fruit	15 Burger Bar Hamburger or Veggie Burger on a Whole Wheat Roll served with Cheese, Lettuce, Tomato, Pickles Sweet Potato Fries Choice of Fruit	16 Teriyaki Chicken Oriental Veggies Try something new – Not so Fried Rice Fortune Cookie Pineapple 	17 South of the Border Chipotle Chicken and Black Bean Burrito Served with Lettuce, Tomatoes, Cheese Fiesta Rice Choice of Fruit 	18 Pizza Mania Variety of Pizza with choice of Toppings Fresh Caesar Salad with Romaine Lettuce Side of Chick Peas Seasonal Fruit
21 No School Martin Luther King "I have a dream" 	22 Soup and Sandwich Grilled Cheese on Whole Wheat Tomato Soup Choice of Fruit 	23 Chicken Tenders With Dipping Sauce Roasted Butternut Squash Steamy Mashed Potatoes Choice of Fruit	24 Tangy Barbeque Rib on a Whole Wheat Roll Southwestern Baked Fries Assorted Fruit	25 Big Daddy's Pizza Variety of Pizza with choice of Toppings Fresh Caesar Salad with Romaine Lettuce Side of Chick Peas Seasonal Fruit
28 Dip it Up! Baked Mozzarella Sticks Marinara Dipping Sauce Steamed Broccoli Chilled or Fresh Fruit 	29 Grilled Chicken on a Whole Wheat Roll with a Side of Lettuce and Tomato Corn and Black Bean Salad Choice of Fruit	30 Try something new – Pasta Primavera With Veggies With or without Chicken Choice of Fruit 	31 Meatball Sub on a Whole Wheat Roll Oven Baked Fries Choice of Fruit 	

Gluten Free Turkey and Cheese Wrap in Brown Rice 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.

RJGrey Cafeteria Manager Jean Tibbetts: jtibbetts@abschools.org

Meals are planned to meet USDA Dietary Guidelines. **It's our Pleasure to Serve you!**



Questions or Comments, please contact Kirsten Nelson, Food Services Director at (978) 264-4700 x3221 or at lunchonline@abschools.org

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