 Looking for work? We are hiring.

Director of Food & Nutrition

Tom Houle

[thoule@asrsd.org](mailto:thoule@asrsd.org)

Manager

Sue Bryant

sbryant@asrsd.org

**Happy Halloween**

***Spooky*** Spaghetti & Meaty Marinara

or Plain Marinara v

Seasoned Green Beans v

Warm Jack O Lantern Soft Pretzel v

Variety of Ice Cold Milk

Fresh Fruit Assortment

**Special Halloween Treat** v

**The Original**

Sal’s Pizza v

Baby Carrots & Low Fat Dip v

Variety of Ice Cold Milk

Fresh Fruit Assortment

**Roast Turkey Dinner**

Slow Roasted Turkey Slices

Whipped Potatoes v & Steamy Gravy

Sweet Green Peas v

Warm Wheat Roll v

Variety of Ice Cold Milk

Fresh Fruit Assortment

**Brunch**

Golden French Toast Sticks w/ Syrup v

Breakfast Sausage

Golden Tater Tots v

Panther Baked Beans v

Variety of Ice Cold Milk

Fresh Fruit Assortment

**Burger Bar**

Cheeseburger or Veggie Burger v

Lettuce, Tomato, Pickle v

Waffle Fries v

Crunchy Baby Carrots & Low Fat Dip v

Variety of Ice Cold Milk

Fabulous Fruit Assortment

**Twisted**

Chicken Alfredo

Or plain Alfredo Sauce v

over Rotini Pasta v

Steamed Broccoli Florets v

Variety of Ice Cold Milk

Fabulous Fruit Assortment

**Pizza Party Friday!**

Personal Pan Pizza v

Crunchy Baby Carrots & Low Fat Dip v

Variety of Ice Cold Milk

Fresh Fruit Assortment

**Chinese Takeout**

*Black Panther* Orange Chicken

Steamed Brown Rice v

Seasoned Broccoli Florets v

Variety of Ice Cold Milk

Fresh Fruit Assortment

**Fortune Cookie** v

½ Day of School

Please order you Grab & Go Lunch for each student in your household.

Sun Butter &Jelly Sandwich v

String Cheese v

Fresh Apple, Baby Carrots, v

Ice Cold Milk

**California Style Fish Taco**

Golden Coated White Fish

Shredded Lettuce & Garden Salsa v

In a Soft Tortilla v

Zesty Black Beans v

Blueberries & Cream v

Variety of Ice Cold Milk

**The Original**

Sal’s Pizza v

Crisp Caesar Salad v

Variety of Ice Cold Milk

Fresh Fruit Assortment

**Mucho Nachos**

Topped with

Seasoned Beef or Cheesy Sauce v

Lettuce, Tomato & Garden Salsa v

Sweet Corn Nibblets v

Variety of Ice Cold Milk

Fresh Fruit Assortment

90 Minute Early Release

**From the North End**

Penne Pasta v

with Meaty Marinara

Parslied Carrot Coins v

Fresh Italian Bread v

Variety of Ice Cold Milk

Fresh Fruit Assortment

**Hot Diggity Dog**

Veggie Burger v

All Beef Frank on a Soft Roll

Panther Baked Beans v

Baby Carrots & Low Fat Dip v

Variety of Ice Cold Milk

Fresh Fruit Assortment



**Pizza Party Friday!**

Cheesy French Bread Pizza v

Crunchy Baby Carrots & Low Fat Dip v

Variety of Ice Cold Milk

Fresh Fruit Assortment

**OCTOBER 2022**

Ayer Shirley Middle School

**Comfort Food**

Toasted Cheese Sandwich v

Creamy Tomato Soup v

Goldfish Crackers v

Variety of Ice Cold Milk

Fresh Fruit Assortment

**Everybody’s Favorite**

Golden Chicken Nuggets

Steamed Brown Rice v

Lemon Pepper Broccoli Florets v

Warm Dinner Roll v

Variety of Ice Cold Milk

Fresh Fruit Assortment

**Chicken Patty Deluxe**

Golden Chicken Patty

Or Veggie Burger v

on a Soft Roll v

Lettuce, Tomato, Pickle v

Sweet Potato Fries v

Variety of Ice Cold Milk

Fresh Fruit Assortment

**Taco Tuesday**

Choice of Seasoned Beef &

Cheesy Sauce v

Crisp Lettuce, Fresh Tomato v &

Garden Salsa all in a Flour Tortilla v

Sweet Corn Nibblets v

Variety of Ice Cold Milk

Fresh Fruit Assortment

**Sunrise Sandwich**

Ham, Egg & Cheese

or Egg & Cheese v on a

Buttery Croissant v

Panther Baked Beans v

Variety of Ice Cold Milk

Strawberry Cup

Please contact Tom Houle at 978-772-8600 x1167 for more info!

Menu Subject to change without notice.

Ayer Shirley School District is an equal opportunity provider.