The Abbey Group

This Institution is an equal opportunity provider
Menus are subject to change

Alstead Primary School Lunch
August/September 2018

Tues., Aug. 28	Wed., Aug. 29	Thurs., Aug. 30	Fri., Aug. 31
Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked French Fries Fresh Fruit & Veggie Bar	Pancakes w/ ***Local Maple Syrup*** Fresh Cut Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar	Spaghetti w/ Homemade Meat Sauce Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie **Broccoli Salad** Fresh Fruit & Veggie Bar

Mon., Sept. 3	Tues., Sept. 4	Wed., Sept. 5	Thurs., Sept. 6	Fri., Sept. 7
No School Labor Day	Cape Cod Crusted Fish & Chips (French Fries) Rice Pilaf Fresh Fruit & Veggie Bar	**Birthday Celebration** Slow Roasted BBQ Pork Sandwich Corn on the Cob Fresh Fruit & Veggie Bar	Cheesy Ravioli Bake Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie **Zucchini Parmesan** Fresh Fruit & Veggie Bar

Mon., Sept. 10	Tues., Sept. 11	Wed., Sept. 12	Thurs, Sept. 13	Fri., Sept. 14
Meatball Sub Baked Potato w/Toppings Fresh Fruit & Veggie Bar	**Taste Test Event** Nachos w/ The Works (Ground Beef, Tortilla Chips, Homemade Cheese Sauce & Salsa) Rice Pilaf Fresh Fruit & Veggie Bar	**Maple Apple French Toast Bake** ***Local Maple Syrup*** Fresh Cut Sweet & White Home Fries Twin Sausage Links Fresh Fruit & Veggie Bar	Creamy Macaroni & Cheese Homemade Cornbread Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Garden Salad Fresh Fruit & Veggie Bar

Mon., Sept. 17	Tues., Sept. 18	Wed., Sept. 19	Thurs, Sept. 20	Fri., Sept. 21
Oven Baked Chicken Nuggets w/Dipping Sauce Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	Taco Bar w/ Soft Shell ***Homemade Salsa w/Fresh Tomatoes*** Rice Pilaf Fresh Fruit & Veggie Bar	Grilled Cheese Sandwich From Scratch Creamy Tomato Soup Fresh Fruit & Veggie Bar	Shepherd's Pie (Hamburger, Corn & Mashed Potato) Dinner Roll Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Caesar Salad Fresh Fruit & Veggie Bar

Mon., Sept. 24	Tues., Sept. 25	Wed., Sept. 26	Thurs, Sept. 27	Fri., Sept. 28
Dress Your Own Burger Oven Baked French Fries Fresh Fruit & Veggie Bar	Chicken & Cheese Quesadilla w/Salsa Rice Pilaf Fresh Fruit & Veggie Bar	Hearty Chicken & Biscuits Steamed Peas Fresh Fruit & Veggie Bar	Spaghetti w/ Homemade Meat Sauce Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar	**Early Release** Chef's Choice Pizzas Pepperoni, Cheese or Veggie **Broccoli Salad** Fresh Fruit & Veggie Bar

Daily Lunch Offerings:

Main Meal or Deli Sandwich

Offered with all Meals

Fresh Fruit & Veggie Bar & Vegetable Soup

Hood Milk: Skim, 1% white or Fat-Free Chocolate

Taste Test Event
Tuesday
September 11, 2018

Featuring Broccoli

Harvest of the Month

August
Tomatoes

September
Broccoli/Cauliflower

Prices

Breakfast	**$1.35**	**Lunch**	**$3.00**
Reduced	**$.30**		**$.40**
Adult Breakfast	**$2.50**	**Adult Lunch**	**$4.50**

Milk $.50

Pay for meals on-line
For free on-line service go to
http://www.abbeygroup.net
Search for Your School and Click the K12 Payment Center link

NORTH COAST SEAFOODS
Chef's Catch

New Local Product: North Coast Seafood

The Abbey Group is proud to announce our Sea to School program. We have contracted with North Coast Seafood in Boston MA. A great third generation family run business. The fishermen are catching GMRI Certified Sustainable Wild Acadian Redfish, locally in the Gulf of Maine. Each fish is caught individually with line and hook. North Coast Seafood fillets the fish, debones the fish, and then breads the fish with low fat Cape Cod breading. This is a whole muscle kid friendly healthy product. We are excited to menu this restaurant quality product and support local business in New England.

The Abbey Group

This Institution is an equal opportunity provider
Menus are subject to change

Tues., Aug. 28	Wed., Aug. 29	Thurs., Aug 30	Fri., Aug 31
Sausage & Cheese Biscuit Fresh Fruit Milk	Fruit Smoothie w/Granola Fresh Fruit Milk	Ham & Cheese Bagel Fresh Fruit Milk	Sausage Wrapped in Pancake Fresh Fruit Milk

Mon., Sept 3	Tues., Sept 4	Wed., Sept 5	Thurs., Sept. 6	Fri., Sept. 7
No School Labor Day	Sausage & Cheese Biscuit Fresh Fruit Milk	Fruit Smoothie w/Granola Fresh Fruit Milk	Ham & Cheese Bagel Fresh Fruit Milk	Sausage Wrapped in Pancake Fresh Fruit Milk

Mon., Sept 10	Tues., Sept 11	Wed., Sept 12	Thurs, Sept 13	Fri., Sept 14
Whole Grain Pancakes w/ Syrup Fresh Fruit Milk	Sausage & Cheese Biscuit Fresh Fruit Milk	Fruit Smoothie w/Granola Fresh Fruit Milk	Ham & Cheese Bagel Fresh Fruit Milk	Sausage Wrapped in Pancake Fresh Fruit Milk

Mon., Sept 17	Tues., Sept 18	Wed., Sept 19	Thurs, Sept 20	Fri., Sept 21
Whole Grain French Toast Sticks Fresh Fruit Milk	Sausage & Cheese Biscuit Fresh Fruit Milk	Fruit Smoothie w/Granola Fresh Fruit Milk	Ham & Cheese Bagel Fresh Fruit Milk	Sausage Wrapped in Pancake Fresh Fruit Milk

Mon., Sept 24	Tues., Sept 25	Wed., Sept 26	Thurs, Sept 27	Fri., Sept 28
Whole Grain Pancakes w/ Syrup Fresh Fruit Milk	Sausage & Cheese Biscuit Fresh Fruit Milk	Fruit Smoothie w/Granola Fresh Fruit Milk	Ham & Cheese Bagel Fresh Fruit Milk	**Early Release** Sausage Wrapped in Pancake Fresh Fruit Milk

Alstead Primary School Breakfast

August/September 2018

DAILY BREAKFAST OPTIONS

Bagel w/Cream Cheese
Yogurt Parfait w/Granola

Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.

Hood Milk: Skim, 1% white or Fat-Free Chocolate

Questions or Comments regarding your School Meal Program?
Please contact The Abbey Group Vice President of Operations
Scott Choiniere
scott@abbeygroup.net

Prices

Breakfast	$1.35	Lunch	$3.00
Reduced	$.30		$.40
Adult		Adult	
Breakfast	$2.50	Lunch	$4.50
Milk $.50			

Pay for meals on-line
For free on-line service go to
http://www.abbeygroup.net
Search for Your School and Click the K12 Payment Center link

Looking for a job that lets you be at home when your family needs you there?

Come Join our Team!! Go to the link below.

You can download an application or see what we have available through Careerbuilder.

http://www.abbeygroup.net/careers.php