



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



**BFA St. Albans  
Lunch  
May 2017**



Mon., May 1	Tues., May 2	Wed., May 3	Thurs., May 4	Fri., May 5
BBQ Chicken Sandwich Oven Baked French Fries Fresh Fruit & Veggie Bar	Spaghetti w/ Homemade Meat or Marinara Sauce Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar	<b>Taste Test Event</b> Open Face Buffalo Chicken Calzone <b>Broccoli Salad</b> Fresh Fruit & Veggie Bar	<b>Cinco De Mayo</b> Fiesta Taco Bar w/Soft Shell Spanish Rice Confetti Corn Salad Festive Dessert Fresh Fruit & Veggie Bar	<b>No School</b>
Mon., May 8	Tues., May 9	Wed., May 10	Thurs., May 11	Fri., May 12
Pig in a Blanket (Hot Dog Wrapped in Dough) Roasted Fresh Sweet Potato Wedges Fresh Fruit & Veggie Bar	Chicken Fajitas w/Sautéed Onions & Peppers Rice Pilaf Fresh Fruit & Veggie Bar	Philly Steak & Cheese Sub Hand Cut French Fries Fresh Fruit & Veggie Bar	Homemade Goulash Garlic Breadstick Fresh Fruit & Veggie Bar	Sweet & Sour Pork Steamed Broccoli Dinner Roll Fortune Cookie Fresh Fruit & Veggie Bar
Mon., May 15	Tues., May 16	Wed., May 17	Thurs., May 18	Fri., May 19
Meatball Sub Garden Pasta Salad Fresh Fruit & Veggie Bar	Nachos w/ The Works (Ground Beef, Tortilla Chips, Homemade Cheese Sauce) Rice Pilaf Fresh Fruit & Veggie Bar	Cheesy Breadsticks w/Marinara Caesar Salad Fresh Fruit & Veggie Bar	Creamy Macaroni & Cheese Homemade Cornbread Fresh Fruit & Veggie Bar	Pancakes w/ <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar
Mon., May 22	Tues., May 23	Wed., May 24	Thurs., May 25	Fri., May 26
Oven Baked Chicken Tenders w/Dipping Sauce <b>Kale Pesto Pasta Salad</b> Fresh Fruit & Veggie Bar	Taco Bar w/ Soft Shell Garden Fresh Salsa Southwest Rice Fresh Fruit & Veggie Bar	Layered Chicken Bowl (Mashed Potato, Corn, Chicken Nuggets, Gravy) Garlic Breadstick Fresh Fruit & Veggie Bar	Oven Roasted Hot Turkey Sandwich Chef's Mashed Potato Fresh Fruit & Veggie Bar	<b>1/2 Day Breakfast Only</b>
Mon., May 29	Tues., May 30	Wed., May 31		
<b>No School</b>	Blackened Cajun Chicken Sandwich Fresh Roasted Sweet Potatoes Fresh Fruit & Veggie Bar	<b><u>Pasta Escargot w/Cheese</u></b> Roasted Asparagus w/Garlic Butter Dinner Roll Fresh Fruit & Veggie Bar		

**DAILY LUNCH OPTIONS**

**Entrée Options**

Main Meal or  
**Cabot** Yogurt Parfait or  
Deli Sandwich or Grab & Go Salads  
Hot Fresh Pizza or Express Lane or

**Fresh Fruit & Veggie Bar & Vegetable Soup**  
Fresh Fruit (Full cup offered daily)  
**Hood Milk: Skim, 1% white or Fat-Free Chocolate**

**Prices**

Breakfast	\$1.50	Lunch	\$2.60
Adult Breakfast	\$2.00	Adult Lunch	\$3.75
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**

**We Support Local New England Companies**

Garvey's Gardens  
Koffee Kup Bakery/VT Bread Co.- Breads & Rolls  
Cabot Cooperative- Yogurt, Sour Cream  
King Arthur Flour- Dinner Rolls, Pizza Dough  
Chappelle's Potatoes  
Georgia Mtn. Maples Syrup- VT. Maple Syrup  
Sunrise Orchards-Apples  
Mazza Farm Stand- Local Produce  
Green Mtn. Farms- Cream Cheese  
Hood-Milk



**Taste Test Event**  
**Wednesday**  
**May 3, 2017**  
Sautéed Radishes

**Harvest of the Month**  
**May**



**Radish**



**Local Products Used when available**

*Items in bold and italicized are Local Products*

**Items in Bold and Underlined are Harvest of the Month & Feed Items**

All items in Bold are Recipes from the New School Cuisine Cookbook created by Vermont FEED

**Lent Begins**  
**March 1, 2017**  
**Meatless Options will be offered every Friday**



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**Mon., May 1**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Tues., May 2**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Wed., May 3**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Thurs., May 4**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Fri., May 5**

**No  
School**

**Mon., May 8**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Tues., May 9**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Wed., May 10**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Thurs., May 11**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Fri., May 12**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Mon., May 15**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Tues., May 16**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Wed., May 17**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Thurs., May 18**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Fri., May 19**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Mon., May 22**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Tues., May 23**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Wed., May 24**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Thurs., May 25**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Fri., May 26**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Mon., May 29**

**No  
School**

**Tues., May 30**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain

**Wed., May 31**

Sausage & Cheese Bagel  
or English Muffin  
or French Toast Sticks  
or Breakfast Round  
Or Cinnamon Cream  
Cheese Breakfast Stick  
Or Fruit Filled Muffin  
Or Asst. Cereal w/  
1/2 English Muffin  
Or Fruit Smoothie w/grain



**BFA St. Albans  
Breakfast  
May 2017**

**Offered w/Breakfast**

**Fresh Fruit**

*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**

<b>Breakfast</b>	<b>\$1.50</b>	<b>Lunch</b>	<b>\$2.60</b>
<b>Adult Breakfast</b>	<b>\$2.00</b>	<b>Adult Lunch</b>	<b>\$3.75</b>
<b>Milk \$.50</b>			

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