

Coventry Village School

MENU

August 2015

Local Products Used on
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

USDA is an equal opportunity
provider and employer

DAILY BREAKFAST OPTIONS

Free to all students

MONDAY

Whole Grain French Toast Sticks

TUESDAY

Sausage & Cheese Sandwich

WEDNESDAY

Fruit Smoothie w/Granola

THURSDAY

Healthy Breakfast Round

FRIDAY

Bagels w/Cream Cheese

All Breakfasts served w/ Fruit & Mi

DAILY LUNCH OPTIONS

Entrée Options

Main Meal or
Cabot Yogurt Parfait or
Sunbutter w/Jelly Sandwich w/
Cheesestick

Offered with all Meals

Vegetable/Fruit Bar
Fresh Fruit, Fresh Hood Milk

Community Eligibility Provision

Meals to all Students are Free

Milk Only purchase \$0.50

Adult	Adult
Breakfast \$1.50	Lunch \$3.25

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**



Mon., August 24

Tues., August 25

1st Day of School
Chicken Patty
Sandwich
w/Lettuce &
Tomato

Rice Pilaf

Fruit & Veggie Bar
Vegetable Soup

Wed., August 26

King Arthur
White Wheat Flour
Homemade Pizza
Pepperoni, Cheese
Or Veggie Pizza

Fruit & Veggie Bar
Vegetable Soup

Thurs., August 27

Taco Bar w/
Hard or Soft Shell
Seasoned Taco Meat,
Mozz. Cheese, Lettuce, Salsa,
Cabot Sour Cream & Soft
Flour Tortilla

Rice Pilaf

Fruit & Veggie Bar
Vegetable Soup

Fri., August 28

Yogurt Parfait
Bar

Fruit Filled
Muffin

Fruit & Veggie Bar
Vegetable Soup

Mon., August 31

Hand Cut
French Potatoes

Dress Your Own
Hot Dog
On a Bun
**Cherry Tomato
& Corn Salad**

Fruit & Veggie Bar
Vegetable Soup



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Tues., Sept. 1

**Homemade
Cornbread**

Macaroni &
Cheese

Fruit & Veggie Bar
Vegetable Soup

Wed., Sept. 2

King Arthur
White Wheat Flour
Homemade Pizza
Pepperoni, Cheese
Or Veggie Pizza

Broccoli Salad

Fruit & Veggie Bar
Vegetable Soup

Thurs., Sept. 3

Hot Turkey
Sandwich w/Gravy

Homemade
French Fries
**Strawberry
Spinach Salad**

Fruit & Veggie Bar
Vegetable Soup

Fri., Sept. 4

Taste Test Event
**Zucchini
Parmesan**

Roasted Sweet
Potato Wedges

Oven Baked
Corn Dog

Fruit & Veggie Bar
Vegetable Soup

Mon., Sept. 7

**No
School
Labor
Day**

Tues., Sept. 8

General Tso's
Chicken Served
Over Rice

Sesame Noodles
Apple
Muffin Square

Fruit & Veggie Bar
Vegetable Soup

Wed., Sept. 9

**Minestrone
Soup**
Cheesy Breadsticks
w/
Marinara Sauce

**Zucchini
Parmesan**

Fruit & Veggie Bar
Vegetable Soup

Thurs., Sept. 10

Beef Nachos
Seasoned Taco Meat,
Cheese Sauce, *Cabot Sour
Cream*, Salsa, Lettuce, &
Corn Tortilla Chips

Rice Pilaf

Fruit & Veggie Bar
Vegetable Soup

Fri., Sept. 11

Chicken Nuggets
w/Dipping Sauce

Seasoned Sweet
Potato Wedges
Dinner Roll

Fruit & Veggie Bar
Vegetable Soup

Mon., Sept. 14	Tues., Sept. 15	Wed., Sept. 16	Thurs., Sept. 17	Fri., Sept. 18
Grilled Cheese Sandwich	Baked Potato Bar w/Chili, Cheese Sauce, Cabot Sour Cream , & Chives	King Arthur White Wheat Flour Homemade Pizza Pepperoni, Cheese Or Veggie Pizza	Chicken & Biscuits	Homemade French Fries
Chicken Noodle Soup	Steamed Broccoli Dinner Roll		Steamed Peas & Carrots	Dress Your Own Burger on A Bun
Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup
Mon., Sept. 21	Tues., Sept. 22	Wed., Sept. 23	Thurs., Sept. 24	Fri., Sept. 25
Roasted Sweet Potato Wedges	Oven Roasted BBQ Pork	September Birthday Celebration King Arthur White Wheat Flour Homemade Pizza Pepperoni, Cheese Or Veggie Pizza Chocolate Cake	Taco Bar w/ Hard or Soft Shell Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa Cabot Sour Cream & Soft Flour Tortilla	Apple Fest Sweet & White Home Fries
Meatball Sub	Homemade Cornbread		Rice Pilaf	Maple Apple French Toast Bake Georgia Mtn. Maples Syrup
Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup
Mon., Sept. 28	Tues., Sept. 29	Wed., Sept. 30	 <p>Looking for a job that lets you be at home when your family needs you there? Come Join our Team!! Got to the link below. You can download an application or see what we have available through Careerbuilder. http:// www.abbeygroup.net/ careers.php</p>	
Roasted Potato Wedges	Spaghetti w/ Meatballs or Marinara Sauce	Cheesy Breadsticks w/ Marinara Sauce		
Oven Baked Chicken Nuggets w/Dipping Sauce Wheat Bread Slices	Chopped Green Salad Dinner Roll	Spinach Salad		
Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup		

We Support Local New England Companies



Green Mtn. Farm Direct– Local Produce
Coventry Community Garden
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



Harvest of the Month August: Tomatoes

In the United States, more tomatoes are consumed than any other single fruit or vegetable!!

Cherry Tomato & Corn Salad (8 serv)

3/4 cup frozen corn thawed
1.5 oz. Fresh Basil
1 pint cherry tomatoes
1/2 cup Mozzarella Cheese
1oz olive oil
Pinch of Salt



Finely chop basil leaves. Put thawed corn in large bowl
Add tomatoes, basil, cheese, oil and lemon juice and salt.
Toss to combine and serve immediately

September: Summer Squash

Summer squash differs from the winter type by being more tender and having a thinner rind. This skin should not be discarded because it contains many valuable nutrients.

Zucchini Parmesan

2 1/4 pounds Zucchini
1/4 cup onions
2 cloves of garlic
3 1/4 cups marinara sauce
4 oz. shredded mozzarella cheese
3/4 cup grated parmesan



Preheat oven to 350 degrees. Coat baking pan with spray.
Cut zucchini into slices, trim, peel and slice onions. Trim peel and thinly slice garlic. Layer zucchini, all of onions and garlic, then remaining zucchini. Add sauce. Bake 20 min.
Uncover and sprinkle with mozzarella and parmesan. Continue to bake until melted.