



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



Mon., Sept. 3

**No
School
Labor
Day**

Mon., Sept. 10

Meatball Sub
Baked Potato
w/Toppings
Fresh Fruit &
Veggie Bar

Mon., Sept. 17

Seasoned Chicken
Breast Tenders
w/Dipping Sauce
Roasted Sweet
Potato Wedges
Dinner Roll
Fresh Fruit &
Veggie Bar

Mon., Sept. 24

Philly Steak &
Cheese Sub
w/Sautéed Onions &
Peppers
Hand Cut
French Fries
Fresh Fruit &
Veggie Bar

Tues., Aug. 28

Dress Your Own
Cheeseburger
Oven Baked
French Fries
Fresh Fruit &
Veggie Bar

Tues., Sept. 4

Cape Cod
Crusted Fish &
Chips
(French Fries)
Rice Pilaf
Fresh Fruit &
Veggie Bar

Tues., Sept. 11

Taste Test Event
Nachos w/
The Works
(Ground Beef, Tortilla
Chips, Homemade Cheese
Sauce & Salsa)
Rice Pilaf
Fresh Fruit &
Veggie Bar

Tues., Sept. 18

Taco Bar w/
Soft Shell
***Homemade Salsa
w/Fresh Tomatoes***
Rice Pilaf
Fresh Fruit &
Veggie Bar

Tues., Sept. 25

Chicken &
Cheese
Quesadilla
w/Salsa
Rice Pilaf
Fresh Fruit &
Veggie Bar

Wed., Aug. 29

Taco Bar w/
Soft Shell
***Homemade Salsa
w/Fresh Tomatoes***
Rice Pilaf
Fresh Fruit &
Veggie Bar

Wed., Sept. 5

General Tso
Chicken
Rice Pilaf
Steamed Broccoli
Dinner Roll
Fresh Fruit &
Veggie Bar

Wed., Sept. 12

Layered
Chicken Bowl
Creamy Coleslaw
Biscuit
Fresh Fruit &
Veggie Bar

Wed., Sept. 19

Homemade
Goulash
Baker's Pride
Garlic Breadsticks
Fresh Fruit &
Veggie Bar

Wed., Sept. 26

Sloppy Joe
Garden Pasta
Salad
Fresh Fruit &
Veggie Bar

Thurs., Aug. 30

Spaghetti w/
Homemade Meat
Sauce
Baker's Pride
Garlic Breadstick
Fresh Fruit &
Veggie Bar

Thurs., Sept. 6

Cheesy Ravioli
Bake
Baker's Pride
Garlic
Breadsticks
Fresh Fruit &
Veggie Bar

Thurs., Sept. 13

Creamy
Macaroni &
Cheese
Homemade
Cornbread
Fresh Fruit &
Veggie Bar

Thurs., Sept. 20

Shepherd's Pie
(Hamburger, Corn
& Mashed Potato)
Dinner Roll
Fresh Fruit &
Veggie Bar

Thurs., Sept. 27

Spaghetti w/
Meat Sauce
Baker's Pride
Garlic Breadsticks
Fresh Fruit &
Veggie Bar

Fri., Aug. 31

Pancakes w/
Local Maple Syrup
Fresh Cut
Sweet & White
Home Fries
Sausage Links
Fresh Fruit &
Veggie Bar

Fri., Sept. 7

**Birthday
Celebration**
Slow Roasted
BBQ Pork
Sandwich
Corn on the Cob
Fresh Fruit &
Veggie Bar

Fri., Sept. 14

Maple Apple French
Toast Bake
Local Maple Syrup
Fresh Cut Sweet &
White Home Fries
Sausage Links
Fresh Fruit &
Veggie Bar

Fri., Sept. 21

Grilled Ham &
Cheese Sandwich
From Scratch
Creamy Tomato
Soup
Fresh Fruit &
Veggie Bar

Fri., Sept. 28

Hearty Chicken
& Biscuits
Steamed Peas
Fresh Fruit &
Veggie Bar



Fall Mountain Regional High School Lunch

August/September 2018

Daily Lunch Offerings:

Main Meal or
Deli Sandwich or
Pizza or Grab & Go Salads

Offered with all Meals

**Fresh Fruit & Veggie Bar &
Vegetable Soup**
Fresh Fruit (Full cup offered daily)

**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	\$2.10	Lunch	\$3.25
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**

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.



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Tues., Aug. 28

Whole Grain
Honey Bun

Fresh Fruit

Milk

Wed., Aug. 29

Scrambled
Egg & Cheese
Wrap

Fresh Fruit

Milk

Thurs., Aug 30

Sausage
Wrapped w/
Pancake

Fresh Fruit

Milk

Fri., Aug 31

Ham & Cheese
Bagel

Fresh Fruit

Milk

Mon., Sept 3

**No
School
Labor
Day**

Tues., Sept 4

Whole Grain
Honey Bun

Fresh Fruit

Milk

Wed., Sept 5

Scrambled
Egg & Cheese
Wrap

Fresh Fruit

Milk

Thurs., Sept. 6

Sausage
Wrapped w/
Pancake

Fresh Fruit

Milk

Fri., Sept. 7

Ham & Cheese
Bagel

Fresh Fruit

Milk

Mon., Sept 10

Whole Grain
French Toast
Sticks

Fresh Fruit

Milk

Tues., Sept 11

Whole Grain
Honey Bun

Fresh Fruit

Milk

Wed., Sept 12

Scrambled
Egg & Cheese
Wrap

Fresh Fruit

Milk

Thurs, Sept 13

Sausage
Wrapped w/
Pancake

Fresh Fruit

Milk

Fri., Sept 14

Ham & Cheese
Bagel

Fresh Fruit

Milk

Mon., Sept 17

Whole Grain
French Toast
Sticks

Fresh Fruit

Milk

Tues., Sept 18

Whole Grain
Honey Bun

Fresh Fruit

Milk

Wed., Sept 19

Scrambled
Egg & Cheese
Wrap

Fresh Fruit

Milk

Thurs, Sept 20

Sausage
Wrapped w/
Pancake

Fresh Fruit

Milk

Fri., Sept 21

Ham & Cheese
Bagel

Fresh Fruit

Milk

Mon., Sept 24

Whole Grain
French Toast
Sticks

Fresh Fruit

Milk

Tues., Sept 25

Whole Grain
Honey Bun

Fresh Fruit

Milk

Wed., Sept 26

Scrambled
Egg & Cheese
Wrap

Fresh Fruit

Milk

Thurs, Sept 27

Sausage
Wrapped w/
Pancake

Fresh Fruit

Milk

Fri., Sept 28

Ham & Cheese
Bagel

Fresh Fruit

Milk



Fall Mountain Regional High School Breakfast August/September 2018

DAILY BREAKFAST OPTIONS

Cereals w/Toasted English Muffin or
Bagels w/Cream Cheese or
Yogurt Parfait w/Grain
Banana Bread, Breakfast Round
Fruit Muffin & Cheese Stick
Special of the Day

*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 \$2.10
Reduced \$3.30

Lunch \$3.25
\$4.40

Adult
Breakfast \$2.50

Adult
Lunch \$4.50
Milk \$.50

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