



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



Leland & Gray High School  
Lunch  
May 2017



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

DAILY LUNCH OPTIONS

Entrée Options

Main Meal or  
**Cabot** Yogurt Parfait or  
Deli Sandwich or  
Pizza Or Express

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**

Prices

Breakfast \$1.75	Lunch \$2.75
Adult Breakfast \$2.25	Adult Lunch \$3.75
Milk \$0.50	

**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

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  
Thursday  
May 4, 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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**Leland & Gray High School  
Breakfast  
May 2017**

Mon., May 1	Tues., May 2	Wed., May 3	Thurs., May 4	Fri., May 5
Whole Grain French Toast Sticks Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Homemade Pancakes w/Syrup Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk
Mon., May 8	Tues., May 9	Wed., May 10	Thurs., May 11	Fri., May 12
Whole Grain French Toast Sticks Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Homemade Pancakes w/Syrup Fresh Fruit Milk	Homemade Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk
Mon., May 15	Tues., May 16	Wed., May 17	Thurs., May 18	Fri., May 19
Homemade Pancakes w/Syrup Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk
Mon., May 22	Tues., May 23	Wed., May 24	Thurs., May 25	Fri., May 26
Whole Grain French Toast Sticks Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Homemade Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Homemade Pancakes w/Syrup Fresh Fruit Milk
Mon., May 29	Tues., May 30	Wed., May 31		
<b>No School</b>	Whole Grain Cinnamon Roll Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk		

**DAILY BREAKFAST OPTIONS**

Cereals w/Toasted English Muffin or  
Bagels w/Cream Cheese or  
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 \$1.75	Lunch \$2.75
Adult Breakfast \$2.25	Adult Lunch \$3.75
Milk \$.50	

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