




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



## Pittsburg High School Lunch May 2017



Mon., May 1	Tues., May 2	Wed., May 3	Thurs., May 4	Fri., May 5
Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked French Fries Fresh Fruit & Veggie Bar	Spaghetti w/ Homemade Meat or Marinara Sauce Garlic Breadstick Spinach Salad Italian Bean Salad	Chicken Parmesan Flatbread <b>Roasted Broccoli w/Maple</b> Fresh Fruit & Veggie Bar	Taste Test Event Pancakes w/ <b>Local Maple Syrup</b> Fresh Cut Sweet & White Home Fries Sausage Links 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
Mon., May 8	Tues., May 9	Wed., May 10	Thurs., May 11	Fri., May 12
Dress Your Own Hot Dog Roasted Fresh Sweet Potato Wedges Fresh Fruit & Veggie Bar	<b>Birthday Celebration</b> Chicken Fajitas w/Sautéed Onions & Peppers Rice Pilaf Fresh Fruit & Veggie Bar	<b>Early Release</b> Meatball Sub Garden Pasta Salad Fresh Fruit & Veggie Bar	Homemade Goulash Garlic Breadstick Fresh Fruit & Veggie Bar	Pork Fried Rice 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
Chicken Caesar Salad Wrap <b>Sautéed Radishes</b> Fresh Fruit & Veggie Bar	Nachos w/ The Works (Ground Beef, Tortilla Chips, Homemade Cheese Sauce) Rice Pilaf Fresh Fruit & Veggie Bar	<b>Homemade Tomato Soup</b> Cheesy Breadsticks w/Marinara Fresh Fruit & Veggie Bar	Creamy Macaroni & Cheese Homemade Cornbread Fresh Fruit & Veggie Bar	French Toast Sticks w/ <b>Local Maple Syrup</b> 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 Nuggets w/Dipping Sauce French Fries Dinner Roll 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>End of Year BBQ</b> Grilled Hamburgers & Hot Dogs w/ All The Fixins Garden Pasta & Potato Salad Chilled Watermelon Summertime Dessert Fresh Milk
Mon., May 29	Tues., May 30	Wed., May 31		
<b>No School</b>	Oven Baked Corn Dog Fresh Roasted Sweet Potatoes Fresh Fruit & Veggie Bar	Ham & Cheese Calzone w/Dipping Sauce <b>Broccoli Salad</b> Fresh Fruit & Veggie Bar		

### DAILY LUNCH OPTIONS

#### Entrée Options

Main Meal or Yogurt Parfait or Deli Sandwich  
Pizza Served Tues & Thurs.

**Offered with all Meals:**  
**Fresh Fruit & Veggie Bar**  
Fresh Fruit (Full cup offered daily)

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

#### Prices

Breakfast \$1.50	Lunch \$2.55 k-6 \$2.80 7-12 \$ .40
Reduced Adult Breakfast \$1.75	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

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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**Pittsburg School K-12  
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	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Iced Breakfast Bun 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	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Early Release Sausage & Cheese Muffin Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Iced Breakfast Bun Fresh Fruit Milk
Mon., May 15	Tues., May 16	Wed., May 17	Thurs., May 18	Fri., May 19
Whole Grain French Toast Sticks Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Iced Breakfast Bun 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	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Iced Breakfast Bun Fresh Fruit Milk
Mon., May 29	Tues., May 30	Wed., May 31		
<b>No School</b>	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Sausage & Cheese Muffin 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 \$1.50	Lunch \$2.55 k-6
	\$2.80 7-12
Reduced \$0.30	Adult \$0.40
Adult Breakfast \$1.75	Adult Lunch \$3.75
	Milk \$.50

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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>