

Important Dates

June 5: Taste Test Event
June 12: Last Day of School

The Abbey Group's meal options are prepared home-style daily with fresh local products and comply with the new USDA Meal Patterns!

MENUS ARE SUBJECT TO CHANGE

USDA is an equal opportunity provider and employer

PROCTOR HIGH SCHOOL

June 2015



DAILY BREAKFAST OPTIONS

Abbey Breakfast Sandwich
Sausage & Cheese on English Muffin
 offered daily!!

MONDAY

Whole Grain French Toast Sticks

TUESDAY

Whole Grain Cinnamon Bun w/Cheese Stick

WEDNESDAY

Scrambled Egg & Cheese Wrap

THURSDAY

Healthy Breakfast Round

FRIDAY

Ham & Cheese Bagel

OR

** Cereals w/English Muffin Or Bagels

Fresh Fruit & Milk With all Meals

Deli Sandwich Offered Daily



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

Benefits:

- Free premium membership for all Abbey Group customers
- Get low balance email alerts for free
- Check meal account balances and account history for free
- Make payments for meals using your credit card for \$1.95 transaction fee (No limit on amount deposited)

Providing parents a safe secure way to manage food service payments and to look up account balances

Prices

Breakfast \$1.50 Lunch \$2.50

Adult Breakfast \$1.50 Adult Lunch \$3.50

Mon., June 1	Tues., June 2	Wed., June 3	Thurs., June 4	Fri., June 5
Homemade French Fries Chicken Nuggets w/Dipping Sauce Dinner Roll Fruit & Veggie Bar Vegetable Soup Or Peanut Butter and Jelly Or Deli Sandwich Or Meatball Sub Asst. Fruit (Choose 2=1 cup) Fresh Milk	Homemade Lasagna Wheat Bread Slices Fruit & Veggie Bar Vegetable Soup Or Peanut Butter and Jelly Or Deli Sandwich Or Pizza Asst. Fruit (Choose 2=1 cup) Fresh Milk	Hearty Country Vegetable Soup Cheesy Breadsticks Marinara Sauce Fruit & Veggie Bar Vegetable Soup Or Peanut Butter and Jelly Or Deli Sandwich Or Meatball Sub Asst. Fruit (Choose 2=1 cup) Fresh Milk	Beef Nachos Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips Rice Pilaf Fruit & Veggie Bar Vegetable Soup Or Peanut Butter and Jelly Or Deli Sandwich Or Pizza Asst. Fruit (Choose 2=1 cup) Fresh Milk	General Tso's Chicken Sesame Noodles Steamed Broccoli Dinner Roll Fruit & Veggie Bar Vegetable Soup Or Peanut Butter and Jelly Or Deli Sandwich Or Meatball Sub Taste Test Rainbow Coleslaw Asst. Fruit (Choose 2=1 cup) Fresh Milk
Mon., June 8	Tues., June 9	Wed., June 10	Thurs., June 11	Fri., June 12
Dress Your Own Dog Day Garden Pasta Salad Fruit & Veggie Bar Vegetable Soup Or Peanut Butter and Jelly Or Deli Sandwich Or Meatball Sub Asst. Fruit (Choose 2=1 cup) Fresh Milk	Homemade Cornbread Served w/ Homemade Macaroni & Cheese Rainbow Coleslaw Fruit & Veggie Bar Vegetable Soup Or Peanut Butter and Jelly Or Deli Sandwich Or Pizza Asst. Fruit (Choose 2=1 cup) Fresh Milk	Ham & Cheese Calzone w/Dipping Sauce Fruit & Veggie Bar Vegetable Soup Or Peanut Butter and Jelly Or Deli Sandwich Or Meatball Sub Asst. Fruit (Choose 2=1 cup) Fresh Milk	Taco Bar w/ Hard or Soft Shell Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa & Soft Flour Tortilla Rice Pilaf Warm Fruit & Veggie Bar Vegetable Soup Or Peanut Butter and Jelly Or Deli Sandwich Or Pizza Asst. Fruit (Choose 2=1 cup) Fresh Milk	Chicken Patty Sandwich w/Lettuce & Tomato Rice Pilaf Fruit & Veggie Bar Vegetable Soup Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Fresh Milk

Mon., June 15	Tues., June 16	Wed., June 17	Thurs., June 18	Fri., June 19
Mon., June 22	Tues., June 23	Wed., June 24	Thurs., June 25	Fri., June 26
Mon., June 29	Tues., June 30			

We Support Local New England Companies

Woods Market Garden
Clarendon School Garden
Westminster Crackers
VT. Country Farms
Sugar Bush Gardens & Maple Products
Brown Boar Farm
Russell Family Farm
VT. Hydroponic Produce, LLC



Mazza Farm Stand
Sentinel Orchards
Sunrise Orchards
McKenzie
Cold Hollow Cider
Cabot Cooperative



**Whole grain
options
offered daily**



Harvest of the Month: Herbs

In the U.S. Alone, some 200 million pounds of herbs and spices are consumed annually, with black pepper, cinnamon, nutmeg, garlic, paprika, chili powder, oregano, celery (seeds and salt), onions and parsley heading the list. A seasoning by any name is still a seasoning, but generally speaking, herbs are leafy, aromatic plants, usually grown from seed in the Temperate Zone. Spices, on the other hand, are often pungent barks of trees, or seeds, or buds of plants grown in the tropics. To add to the mystique, however, there are some seasonings, such as mustard, which start out as herbs, and after going to seed, are classified as spices.

Rainbow Coleslaw

6-8 servings

2 c. shredded green cabbage
2 c. shredded red cabbage
1 carrot shredded with peeler
1 red bell pepper
1 yellow bell pepper
1/3 c. raisins
1/4 c. low-fat mayo
2 tbsp. vinegar
2 tbsp. lemon juice
2 tbsp. honey
1/4 c. onion
Salt & Pepper to taste



Put the cabbage, carrot, bell peppers, and raisins in a bowl. In a separate bowl, combine mayo, vinegar, lemon juice, honey and onions. Season with salt and pepper. Stir the dressing into the cabbage mixture and toss until all veggies are evenly coated. Chill for at least 30 minutes before serving.

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**