



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



St. Albans City 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 Fries Fresh Fruit & Veggie Bar	Spaghetti w/ Homemade Meat or Marinara Sauce Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar	Taste Test Event Open Face Buffalo Chicken Calzone Broccoli Salad Fresh Fruit & Veggie Bar	Cinco De Mayo Fiesta Taco Bar w/ Soft Shell Spanish Rice Confetti Black Bean & Corn Salad Festive Dessert Fresh Fruit & Veggie Bar	1/2 Day Bag Lunch Extravaganza Turkey, Ham or Veggie Sandwich Veggie Sticks Sun Chips Fresh Fruit & Milk
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	Chicken Fajitas w/Sautéed Onions & Peppers Rice Pilaf Fresh Fruit & Veggie Bar	Hot Roast Pork Sandwich w/ Gravy Chef's Mashed Potato Fresh Fruit & Veggie Bar	Homemade Goulash Steamed Broccoli Garlic Breadstick Fresh Fruit & Veggie Bar	Ham & Cheese Calzone w/Dipping Sauce <u>Sautéed Radishes</u> Fresh Fruit & Veggie Bar
Mon., May 15	Tues., May 16	Wed., May 17	Thurs., May 18	Fri., May 19
Meatball Sub Garden Pasta Salad Fresh Fruit & Veggie Bar	Nachos w/ The Works (Ground Beef, Tortilla Chips, Homemade Cheese Sauce) Rice Pilaf Fresh Fruit & Veggie Bar	French Toast Sticks w/ <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Scrambled Eggs Fresh Fruit & Veggie Bar	Creamy Macaroni & Cheese Homemade Cornbread Fresh Fruit & Veggie Bar	Homemade Tomato Soup Cheesy Breadsticks w/Marinara Fresh Fruit & Veggie Bar
Mon., May 22	Tues., May 23	Wed., May 24	Thurs., May 25	Fri., May 26
Oven Baked BBQ Chicken Dinner Roll Kale Pesto Pasta Salad Fresh Fruit & Veggie Bar	Taco Bar w/ Soft Shell Garden Fresh Salsa Southwest Rice Fresh Fruit & Veggie Bar	Birth Day Celebration Grilled Cheese Sandwich Chicken Noodle Soup Fresh Fruit & Veggie Bar	Oven Roasted Hot Turkey Sandwich Chef's Mashed Potato Fresh Fruit & Veggie Bar	Shepherd's Pie (Ground Beef, Corn & Mashed Potato) Cornbread Summer Radish Salad Fresh Fruit & Veggie Bar
Mon., May 29	Tues., May 30	Wed., May 31		
No School	Oven Baked Corn Dog Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	General Tso Chicken Served Over Rice Steamed Broccoli Fortune Cookie Fresh Fruit & Veggie Bar		

DAILY LUNCH OPTIONS

Entrée Options

Main Meal or
Cabot Yogurt Parfait or Deli Sandwich or Pizza
Offered with all Meals
Fresh Fruit & Veggie Bar & Vegetable Soup
Hood Milk: Skim, 1% white or Fat-Free Chocolate

Prices

Community Eligibility Provision

Meals to all Students are Free
Snacks & Snack Milk not included

Adult Breakfast \$2.00	Adult Lunch \$3.50
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

Taste Test Event
Wednesday
May 3, 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

We Support Local New England Companies

Cabot Cooperative- Yogurt, Sour Cream
King Arthur Flour- Dinner Rolls, Pizza Dough
Chappelle's Potatoes
Branon's Barrywilde Maples- VT. Maple Syrup
Sunrise Orchards-Apples
Mazza Farm Stand- Local Produce
Green Mtn. Farms- Cream Cheese
Hood-Milk
Green Mtn. Farm Direct-Local Produce
Bergeron & Son's Produce





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

Mon., May 1	Tues., May 2	Wed., May 3	Thurs., May 4	Fri., May 5
Hearty Breakfast Burrito Fresh Fruit Milk	Pancakes w/Fruit Topping Fresh Fruit Milk	Fruit Smoothie and Fruit Filled Muffin Fresh Fruit Milk	Sausage Cheese or Egg & Cheese On English Muffin Fresh Fruit Milk	Whole Grain Breakfast Bun or Fruit Smoothie w/Granola Fresh Fruit Milk
Mon., May 8	Tues., May 9	Wed., May 10	Thurs., May 11	Fri., May 12
Hearty Breakfast Burrito Fresh Fruit Milk	Pancakes w/Fruit Topping Fresh Fruit Milk	Fruit Smoothie and Fruit Filled Muffin Fresh Fruit Milk	Sausage Cheese or Egg & Cheese On English Muffin Fresh Fruit Milk	Whole Grain Breakfast Bun or Fruit Smoothie w/Granola Fresh Fruit Milk
Mon., May 15	Tues., May 16	Wed., May 17	Thurs., May 18	Fri., May 19
Hearty Breakfast Burrito Fresh Fruit Milk	Pancakes w/Fruit Topping Fresh Fruit Milk	Fruit Smoothie and Fruit Filled Muffin Fresh Fruit Milk	Sausage Cheese or Egg & Cheese On English Muffin Fresh Fruit Milk	Whole Grain Breakfast Bun or Fruit Smoothie w/Granola Fresh Fruit Milk
Mon., May 22	Tues., May 23	Wed., May 24	Thurs., May 25	Fri., May 26
Hearty Breakfast Burrito Fresh Fruit Milk	Pancakes w/Fruit Topping Fresh Fruit Milk	Fruit Smoothie and Fruit Filled Muffin Fresh Fruit Milk	Sausage Cheese or Egg & Cheese On English Muffin Fresh Fruit Milk	Whole Grain Breakfast Bun or Fruit Smoothie w/Granola Fresh Fruit Milk
Mon., May 29	Tues., May 30	Wed., May 31		
No School	Pancakes w/Fruit Topping Fresh Fruit Milk	Fruit Smoothie and Fruit Filled Muffin Fresh Fruit Milk		

St. Albans City School Breakfast May 2017

DAILY BREAKFAST OPTIONS

Whole Grain Cereals or Oatmeal w/1/2 English Muffin, Bagel w/ Cream Cheese, Healthy Breakfast Round, Cabot Yogurt Parfait w/ granola

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.

All served Juice, Fresh Fruit & 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

Community Eligibility Provision

Meals to all Students are Free
Snacks & Snack Milk not included

Adult Breakfast \$2.00	Adult Lunch \$3.50
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



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>