



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



St. Albans City School  
Lunch  
June 2017



<b>Mon., June 5</b> Oven Baked BBQ Chicken Roasted Sweet Potato Wedges Dinner Roll Fresh Fruit & Veggie Bar	<b>Tues., June 6</b> Taco Bar w/ Soft Shell Garden Fresh Salsa Southwest Rice Fresh Fruit & Veggie Bar	<b>Wed., June 7</b> End of Year BBQ Grilled Misty Knoll Chicken Breast Garden Pasta & Potato Salad Chilled Watermelon Summertime Dessert Fresh Milk	<b>Thurs., June 8</b> Taste Test Event Creamy Macaroni & Cheese Homemade Cornbread Fresh Fruit & Veggie Bar	<b>Fri., June 9</b> Pancakes w/ Local Maple Syrup Fresh Cut Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar
<b>Mon., June 12</b> Meatball Sub Baked Potato Fresh Fruit & Veggie Bar	<b>Tues., June 13</b> Dress Your Own Burger Garden Pasta Salad Fresh Fruit & Veggie Bar	<b>Wed., June 14</b> Cheesy Breadsticks w/Marinara <b><u>Strawberry Spinach Salad</u></b> Fresh Fruit & Veggie Bar	<b>Thurs., June 15</b> Hot Turkey Sandwich Chef's Mashed Potato Steamed Broccoli Fresh Fruit & Veggie Bar	<b>Fri., June 16</b> Ham & Cheese Calzone Caesar Salad Fresh Fruit & Veggie Bar
<b>Mon., June 19</b> Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked Fries Fresh Fruit & Veggie Bar	<b>Tues., June 20</b> Nachos w/ The Works (Ground Beef, Tortilla Chips, Homemade Cheese Sauce) Rice Pilaf Fresh Fruit & Veggie Bar	<b>Wed., June 21</b> <b>Last Day of School</b>  <b>NO LUNCH</b>	<b>Thurs., June 22</b>	<b>Fri., June 23</b>

<b>Thurs., June 1</b> Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	<b>Fri., June 2</b> BBQ Pork Sandwich Creamy Coleslaw Fresh Fruit & Veggie Bar
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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  
Thursday  
June 8, 2017  
Spinach

Harvest of the Month  
 June  
Spinach

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



Local Spinach For Harvest of the Month



Provided By:  
Joe's Brook Farm  
St. Johnsbury VT

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





Mon., June 5	Tues., June 6	Wed., June 7	Thurs., June 8	Fri., June 9
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., June 12	Tues., June 13	Wed., June 14	Thurs., June 15	Fri., June 16
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., June 19	Tues., June 20	Wed., June 21	Thurs., June 22	Fri., June 23
Hearty Breakfast Burrito Fresh Fruit Milk	Pancakes w/Fruit Topping Fresh Fruit Milk	Fruit Smoothie and Fruit Filled Muffin Fresh Fruit Milk		

Thurs., June 1	Fri., June 2
Sausage Cheese or Egg & Cheese On English Muffin Fresh Fruit Milk	Whole Grain Breakfast Bun or Fruit Smoothie w/Granola Fresh Fruit Milk

**St. Albans City School  
Breakfast  
June 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

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*Snacks & Snack Milk not included*

Adult Breakfast \$2.00	Adult Lunch \$3.50
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>

