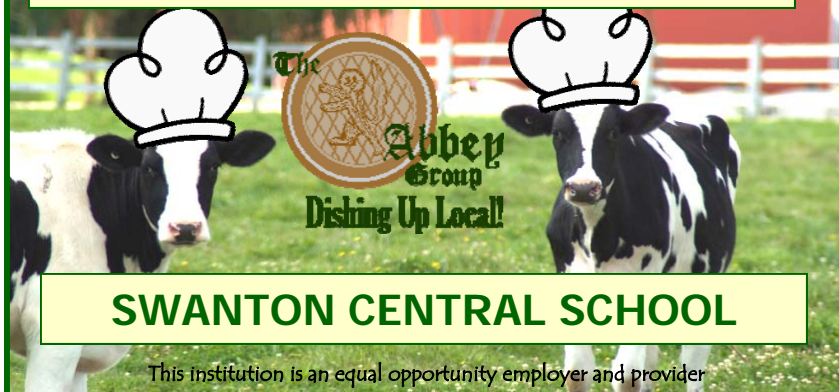


MENUS FOR MAY 2012



SWANTON CENTRAL SCHOOL

This institution is an equal opportunity employer and provider

Pay for meals on-line at



Breakfast
\$0.85

Lunch
\$1.50

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

Visit our website: www.abbeygroup.net/foodserve.htm to access school menus, online pre-pay and food policy statements.

Prices

Breakfast

Paid \$0.85
Reduced Free
Adult \$1.50

Lunch

Paid \$1.50
Reduced \$0.40
Adult \$3.25

Milk \$0.50

Comments or Suggestions?

Call or email
The Abbey Group
1-800-696-4748
comments@abbeygroup.net

Looking for a job that lets you be at home when your family needs you there?

Come Join our Team!!
Call today for more information.

1-866-933-4205 X24

School Nutrition Employee Week is May 7-11 Stop by and thank the School cafeteria staff



Tues., May 1	Wed., May 2	Thurs., May 3	Friday, May 4
Earth Day Celebration Baked Potato Bar Chili, Homemade Cheese Sauce, Cabot Sour Cream & Fresh Chives	Soup & Sandwich Grilled Cheese Sandwich on Wheat Bread	Buon Appetito Wheat Spaghetti w/ Meat or Garden Marinara Sauce	Itza Pizza Homemade Cheese or Pepperoni Pizza
Whole Wheat Dinner Roll Earth Day Bars	Hearty Country Vegetable Soup	Chopped Green Salad w/Herb Dressing Homemade Garlic Breadsticks	Fresh Carrot Sticks w/ Hummus Dip
Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk

AVAILABLE DAILY MEAL OPTIONS

MENUS ARE SUBJECT TO CHANGE

Hoagieville Deli
Garden Fresh Salad Bar
Cabot Yogurt Parfait & String Cheese
Vegetarian Options
OR
Hot Entrée listed

The Abbey Group's meal options are prepared home-style daily with fresh local products!

Mon., May 7	Tues., May 8	Wed., May 9	Thurs., May 10	Friday, May 11
Chicken Mania Grilled Chicken Sandwich on Wheat Roll Lettuce & Tomato	American Made Hearty Macaroni & Cheese	Localvore Day Turkey & Cheddar Stuffed Bread Dough	Fiesta Taco Bar w/ The Works	Itza Pizza Homemade Cheese or Pepperoni Pizza
Zesty Lemon Couscous Spinach Salad w/ Apples & Maple Vinaigrette	Roasted Broccoli Homemade Cornbread	Roasted Local Potato Wedges	Seasoned Taco Meat, Shredded Cheese, Lettuce, Onions, & Soft Flour Tortilla	Side Caesar Salad
Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Local Rhubarb Crunch Farm Fresh Milk	Black Beans & Rice Garden Salsa	Fresh Fruit Farm Fresh Milk

DAILY BREAKFAST OPTIONS

Mon: Whole Grain French Toast Sticks
Tues: Ham & Cheese on Whole Wheat Bagel
Wed: Ham, Egg & cheese on Whole Wheat English Muffin
Thurs: Sausage & Cheese on Whole Wheat English Muffin
Friday: Breakfast Buns w/ Scrambled Eggs

**Cereal w/English Muffin, Yogurt Parfait, Bagels, Muffins, Fruit, Milk and 100% Juice offered EVERYDAY!

Mon., May 14 Chicken Mania Oven Baked Chicken Nuggets w/Dipping Sauce Garden Pasta Salad Harvest Muffin Fresh Fruit Farm Fresh Milk	Tues., May 15 <i>Home Style</i> Homemade Shepherd's Pie Ground Beef, Mashed Potato & Corn Fresh Carrot Sticks w/Dip Homemade Cornbread Fresh Fruit Farm Fresh Milk	Wed., May 16 <i>Brunch For Lunch</i> Waffles w/ Warm Syrup Sweet & White Home Fries Sausage Links Fruit Filled Crisp Fresh Fruit Farm Fresh Milk	Thurs., May 17 Fiesta Chicken Fajitas Chicken, Soft Flour Tortilla, Cabot Sour Cream Brown Rice Pilaf Black Bean Salsa Fresh Fruit Farm Fresh Milk	Friday, May 18 <i>Itza Pizza</i> Homemade Cheese or Pepperoni Pizza Fresh Broccoli Spears w/ Ranch Dip Fresh Fruit Farm Fresh Milk
Mon., May 21 Catch of the Day Fish N Chips Fish Sticks & French Fries w/Creamy Tartar Sauce Oven Baked French Fries Wheat Dinner Roll Fresh Fruit Farm Fresh Milk	Tues., May 22 Hot Oven Fresh Chicken Jambalaya Seasoned Chicken w/ Vegetables & Rice Side Caesar Salad Wheat Dinner Roll Fresh Fruit Farm Fresh Milk	Wed., May 23 All-American Goulash Meat, Tomato Sauce & Pasta Spinach w/ Chick Peas Oatmeal Dinner Roll Fresh Fruit Farm Fresh Milk	Thurs., May 24 Fiesta Nachos Supreme Seasoned Taco Meat, Nacho Cheese Sauce, Lettuce, & Corn Tortilla Chips Spanish Rice Garden Salsa Happy Birthday Cake Fresh Fruit Farm Fresh Milk	Friday, May 25 <i>Itza Pizza</i> Homemade Cheese or Pepperoni Pizza Dark Green Garden Salad Fresh Fruit Farm Fresh Milk
Mon., May 28 No School Memorial Day	Tues., May 29 That's Italian Italian Style Meatball Sub On Wheat Roll Sweet Potato Wedges Fresh Fruit Farm Fresh Milk	Wed., May 30 Itza Wrap Chicken Caesar Salad Wrap Chicken, Romaine, Caesar Dressing on Soft Flour Tortilla Seasoned Couscous Fresh Fruit Farm Fresh Milk	Thurs., May 31 Fiesta Cheesy Quesadilla or Chicken & Cheese Quesadilla on Soft Flour Tortilla Brown Rice Pilaf Black Bean Salsa Low-Fat Dessert Fresh Fruit Farm Fresh Milk	 <p>Scan the QR code above with your Smart Phone to Access the Abbey Group Website</p>

We Support Local New England Companies


Garvey's Garden	Sentinel Orchards
VT. Country Farms	McKenzie
Cabot Cooperative	Mazza Farm Stand
Westminster Crackers	Cold Hollow Cider
New England Coffee	B & D Potato Farm
Champlain Orchards	
VT. Hydroponic Produce LLC	
Sunrise Orchards	



Whole grain options offered daily





Vegetable of the Month: Spinach



Spinach is a cool season crop and belongs to the goosefoot family along with Swiss chard and beets. Spinach is low in calories, and is a good source of vitamin C, vitamin A, and minerals, especially iron. Spinach is best eaten fresh. It loses nutritional properties with each passing day.

Sweet Spinach Salad

3 tbs Orange juice concentrate	
2 tbs sugar	
2 tbs cider vinegar	
1 1/2 tsp chopped onion	
1/4 tsp salt	
1/2 cup vegetable oil	
10 oz. pkg Fresh baby spinach	
1 (15 ounce) can mandarin oranges	
2/3 cup slivered almonds	
1. In a blender, combine the orange juice concentrate, sugar, vinegar, onion and salt. While processing, gradually add oil in a steady stream. Refrigerate for at least 1 hour or until chilled.	
2. On salad plates, arrange the spinach, mandarin oranges and almonds. Drizzle w/Dressing	