



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



Waits River Valley School Lunch June 2017



Mon., June 5	Tues., June 6	Wed., June 7	Thurs., June 8	Fri., June 9
Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked Fries Fresh Fruit & Veggie Bar	Taco Bar w/ Soft Shell Garden Fresh Salsa Southwest Rice Fresh Fruit & Veggie Bar	Birthday Celebration Chef's Choice Pizzas Pepperoni, Cheese or Veggie Fresh Fruit & Veggie Bar	Taste Test Event Creamy Macaroni & Cheese Homemade Cornbread Fresh Fruit & Veggie Bar	End of Year BBQ Grilled Hamburgers & Hot Dogs w/ All The Fixins Garden Pasta & Potato Salad Chilled Watermelon Summertime Dessert Fresh Milk
Mon., June 12	Tues., June 13	Wed., June 14	Thurs., June 15	Fri., June 16
Meatball Sub Garden Pasta Salad Fresh Fruit & Veggie Bar	Chicken Fajitas w/Sautéed Onions & Peppers Rice Pilaf Fresh Fruit & Veggie Bar	Cheesy Breadsticks w/Marinara <u>Strawberry Spinach Salad</u> Fresh Fruit & Veggie Bar	Hot Roast Pork Sandwich Chef's Mashed Potato Fresh Fruit & Veggie Bar	Bag Lunch Extravaganza Turkey Sandwich Veggie Sticks Sun Chips Fresh Fruit & Milk
Mon., June 19	Tues., June 20	Wed., June 21	Thurs., June 22	Fri., June 23
Dress Your Own Burger Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	Bag Lunch Extravaganza Turkey, Ham Or Veggie Sandwich Veggie Sticks Sun Chips Fresh Fruit & Milk			



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

Adult		Adult	
Breakfast	\$2.10	Lunch	\$3.75
		Milk	\$0.50

Pay for meals on-line
For free on-line service go to
<http://www.abbeygroup.net>

Taste Test Event
Thursday
June 8, 2017
Spinach

Harvest of the Month
 June



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

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





Mon., June 5	Tues., June 6	Wed., June 7	Thurs., June 8	Fri., June 9
Whole Grain French Toast Sticks Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Fruit & Yogurt Smoothie w/Fruit Muffin Fresh Fruit Milk
Mon., June 12	Tues., June 13	Wed., June 14	Thurs., June 15	Fri., June 16
Whole Grain French Toast Sticks Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Ham & Cheese Bagel Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Donuts for Dad Fresh Fruit Milk
Mon., June 19	Tues., June 20	Wed., June 21	Thurs., June 22	Fri., June 23
Whole Grain French Toast Sticks Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk			

Thurs., June 1	Fri., June 2
Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Fruit & Yogurt Smoothie w/Fruit Muffin Fresh Fruit Milk

**Waits River Valley School
Breakfast
June 2017**

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

Community Eligibility Provision
Meals to all Students are Free

Adult Breakfast	\$2.10	Adult Lunch	\$3.75
	Milk \$0.50		

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>

