



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



BFA St. Albans Lunch June 2017



Mon., June 5 BBQ Chicken Sandwich w/Lettuce & Tomato Oven Baked Fries Steamed Broccoli Fresh Fruit & Veggie Bar	Tues., June 6 Taco Bar w/ Soft Shell Garden Fresh Salsa Southwest Rice Fresh Fruit & Veggie Bar	Wed., June 7 Birthday Celebration Hot Roast Pork Sandwich w/Gravy Mashed Potato Green Beans Fresh Fruit & Veggie Bar	Thurs., June 8 Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	Fri., June 9 BBQ Pork Sandwich Creamy Coleslaw Fresh Fruit & Veggie Bar
Mon., June 12 Meatball Sub Garden Pasta Salad Fresh Fruit & Veggie Bar	Tues., June 13 Chicken Fajitas w/Sautéed Onions & Peppers Rice Pilaf Steamed Corn Fresh Fruit & Veggie Bar	Wed., June 14 Cheesy Breadsticks w/Marinara <u>Strawberry Spinach Salad</u> Fresh Fruit & Veggie Bar	Thurs., June 15 Taste Test Event Creamy Macaroni & Cheese Homemade Cornbread Steamed Carrots Fresh Fruit & Veggie Bar	Fri., June 16 Pancakes w/ Local Maple Syrup Fresh Cut Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar
Mon., June 19 Exams Breakfast Only	Tues., June 20 Exams Breakfast Only	Wed., June 21 Exams Breakfast Only	Thurs., June 22 Exams Breakfast Only	Fri., June 23 Exams Breakfast Only

DAILY LUNCH OPTIONS

Entrée Options
Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich or Grab & Go Salads
Hot Fresh Pizza or Express Lane or

Fresh Fruit & Veggie Bar & Vegetable Soup
Fresh Fruit (Full cup offered daily)
Hood Milk: Skim, 1% white or Fat-Free Chocolate

Prices

Breakfast	\$1.50	Lunch	\$2.60
Adult Breakfast	\$2.00	Adult Lunch	\$3.75
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

We Support Local New England Companies

- Garvey's Gardens
- 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



Lent Begins March 1, 2017
Meatless Options will be offered every Friday





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Thurs., June 1

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Fri., June 2

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Mon., June 5

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Tues., June 6

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Wed., June 7

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Thurs., June 8

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Fri., June 9

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Mon., June 12

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Tues., June 13

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Wed., June 14

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Thurs., June 15

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Fri., June 16

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Mon., June 19

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Tues., June 20

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Wed., June 21

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Thurs., June 22

Sausage & Cheese Bagel
or English Muffin
or French Toast Sticks
or Breakfast Round
Or Cinnamon Cream
Cheese Breakfast Stick
Or Fruit Filled Muffin
Or Asst. Cereal w/
1/2 English Muffin
Or Fruit Smoothie w/grain

Fri., June 23

**BFA St. Albans
Breakfast
June 2017**

Offered w/Breakfast

Fresh Fruit

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

Breakfast	\$1.50	Lunch	\$2.60
Adult Breakfast	\$2.00	Adult Lunch	\$3.75
Milk \$.50			

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