The Abbey Group

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

Welcome Back!

Wed., Aug. 29	Thurs., Aug. 30	Fri., Aug. 31
Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked French Fries Fresh Fruit & Veggie Bar	Spaghetti w/ Homemade Meat Sauce Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar	Pancakes w/ ***Local Maple Syrup*** Fresh Cut Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar

Mon., Sept. 3	Tues., Sept. 4	Wed., Sept. 5	Thurs., Sept. 6	Fri., Sept. 7
No School Labor Day	Cape Cod Crusted Fish & Chips (French Fries) Rice Pilaf Fresh Fruit & Veggie Bar	**Birthday Celebration** Slow Roasted BBQ Pork Sandwich Creamy Coleslaw Fresh Fruit & Veggie Bar	Cheesy Ravioli Bake Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar	Cheeseburger Flatbread **Zucchini Parmesan** Fresh Fruit & Veggie Bar
Mon., Sept. 10	**Tues., Sept. 11**	**Wed., Sept. 12**	**Thurs, Sept. 13**	**Fri., Sept. 14**
Meatball Sub French Fries Corn on the Cob Fresh Fruit & Veggie Bar	**Taste Test Event** Nachos w/ The Works (Ground Beef, Tortilla Chips, Homemade Cheese Sauce & Salsa) Rice Pilaf Fresh Fruit & Veggie Bar	**Maple Apple French Toast Bake** ***Local Maple Syrup*** Fresh Cut Sweet & White Home Fries Twin Sausage Links Fresh Fruit & Veggie Bar	Creamy Macaroni & Cheese Homemade Cornbread Fresh Fruit & Veggie Bar	Cheesy Breadsticks w/Marinara Chicken Noodle Soup Fresh Fruit & Veggie Bar
Mon., Sept. 17	**Tues., Sept. 18**	**Wed., Sept. 19**	**Thurs, Sept. 20**	**Fri., Sept. 21**
Oven Baked Chicken Nuggets w/Dipping Sauce Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	Taco Bar w/ Soft Shell ***Homemade Salsa w/Fresh Tomatoes*** Rice Pilaf Fresh Fruit & Veggie Bar	Grilled Cheese Sandwich From Scratch Creamy Tomato Soup Fresh Fruit & Veggie Bar	Shepherd's Pie (Hamburger, Corn & Mashed Potato) Dinner Roll Fresh Fruit & Veggie Bar	Homemade Goulash Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar
Mon., Sept. 24	**Tues., Sept. 25**	**Wed., Sept. 26**	**Thurs, Sept. 27**	**Fri., Sept. 28**
Dress Your Own Burger Hand Cut French Fries Fresh Fruit & Veggie Bar	Chicken & Cheese Quesadilla w/Salsa Rice Pilaf Fresh Fruit & Veggie Bar	Hearty Chicken & Biscuits Steamed Peas Fresh Fruit & Veggie Bar	Spaghetti w/ Homemade Meat Sauce Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar	Sloppy Joe Garden Pasta Salad Fresh Fruit & Veggie Bar

St. Albans Town Educational Center Lunch

August/September 2018

Daily Lunch Offerings:

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

Taste Test Event
Thursday
September 11, 2018

Featuring Tomatoes

Harvest of the Month

August
Tomatoes

September
Summer Squash

Prices

Breakfast	**$1.60**	**Lunch**	**$2.20**
Adult Breakfast	**$2.25**	**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

NORTH COAST SEAFOODS
Chef's Catch

New Local Product: North Coast Seafood

The Abbey Group is proud to announce our Sea to School program. We have contracted with North Coast Seafood in Boston MA. A great third generation family run business. The fishermen are catching GMRI Certified Sustainable Wild Acadian Redfish, locally in the Gulf of Maine. Each fish is caught individually with line and hook. North Coast Seafood fillets the fish, debones the fish, and then breads the fish with low fat Cape Cod breading. This is a whole muscle kid friendly healthy product. We are excited to menu this restaurant quality product and support local business in New England.

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Wed., Aug. 29	Thurs., Aug 30	Fri., Aug 31
Healthy Whole Grain Breakfast Round or Bagel w/ Cream Cheese Fresh Fruit Milk	Sausage & Cheese English Muffin or Bagel w/Cream Cheese Fresh Fruit Milk	Whole Grain Breakfast Bun or Bagel w/Cream Cheese Fresh Fruit Milk

Mon., Sept 3	Tues., Sept 4	Wed., Sept 5	Thurs., Sept. 6	Fri., Sept. 7
No School Labor Day	WG Ham & Cheese Bagel or Bagel w/ Cream Cheese Fresh Fruit Milk	Healthy Whole Grain Breakfast Round or Bagel w/ Cream Cheese Fresh Fruit Milk	Sausage & Cheese English Muffin or Bagel w/Cream Cheese Fresh Fruit Milk	Whole Grain Breakfast Bun or Bagel w/Cream Cheese Fresh Fruit Milk
Mon., Sept 10	**Tues., Sept 11**	**Wed., Sept 12**	**Thurs, Sept 13**	**Fri., Sept 14**
Asst. WG Cereal or Bagel w/Cream Cheese Fresh Fruit Milk	WG Ham & Cheese Bagel or Bagel w/ Cream Cheese Fresh Fruit Milk	Healthy Whole Grain Breakfast Round or Bagel w/ Cream Cheese Fresh Fruit Milk	Sausage & Cheese English Muffin or Bagel w/Cream Cheese Fresh Fruit Milk	Whole Grain Breakfast Bun or Bagel w/Cream Cheese Fresh Fruit Milk
Mon., Sept 17	**Tues., Sept 18**	**Wed., Sept 19**	**Thurs, Sept 20**	**Fri., Sept 21**
Asst. WG Cereal or Bagel w/Cream Cheese Fresh Fruit Milk	WG Ham & Cheese Bagel or Bagel w/ Cream Cheese Fresh Fruit Milk	Healthy Whole Grain Breakfast Round or Bagel w/ Cream Cheese Fresh Fruit Milk	Sausage & Cheese English Muffin or Bagel w/Cream Cheese Fresh Fruit Milk	Whole Grain Breakfast Bun or Bagel w/Cream Cheese Fresh Fruit Milk
Mon., Sept 24	**Tues., Sept 25**	**Wed., Sept 26**	**Thurs, Sept 27**	**Fri., Sept 28**
Asst. WG Cereal or Bagel w/Cream Cheese Fresh Fruit Milk	WG Ham & Cheese Bagel or Bagel w/ Cream Cheese Fresh Fruit Milk	Healthy Whole Grain Breakfast Round or Bagel w/ Cream Cheese Fresh Fruit Milk	Sausage & Cheese English Muffin or Bagel w/Cream Cheese Fresh Fruit Milk	Whole Grain Breakfast Bun or Bagel w/Cream Cheese Fresh Fruit Milk

St. Albans Town Educational Center
Breakfast
August/September 2018

Breakfast in the Classroom Daily Options

Entrée of the Day
Hard Boiled Egg w/Toast
Yogurt Cup w/Granola
Bagel w/Cream Cheese

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

Prices

Breakfast	**$1.60**	**Lunch**	**$2.20**
Adult Breakfast	**$2.25**	**Adult Lunch**	**$3.75**

Milk $.50

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Questions or Comments regarding your School Meal Program?
Please contact The Abbey Group Vice President of Operations
Scott Choiniere
scott@abbeygroup.net

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