



Sudbury Country School
Lunch
June 2017



Thurs., June 1

Spaghetti w/
Meat or
Marinara Sauce

Garlic
Breadstick
Caesar Salad

Fri., June 2

BBQ Pork
Sandwich

Creamy
Coleslaw
Carrot Sticks w/
Hummus Dip

Mon., June 5

Chicken Patty
Sandwich
w/Lettuce &
Tomato

Oven Baked
Fries

Tues., June 6

Taco Bar w/
Soft Shell
Garden Fresh
Salsa
Southwest Rice
Steamed Corn

Wed., June 7

**BirthDay
Celebration**
Chef's Choice
Pizzas
Pepperoni, Cheese
or Veggie
Celery Sticks w/
Hummus Dip

Thurs., June 8

Taste Test Event
Creamy
Macaroni &
Cheese
Homemade
Cornbread
Baked Beans

Fri., June 9

Pancakes w/
Local Maple Syrup
Fresh Cut Sweet &
White Home Fries
Sausage Links
Green Pepper
Strips

Mon., June 12

Meatball
Sub

Baked
Beans
Steamed
Broccoli

Tues., June 13

Chicken Fajitas
w/Sautéed Onions &
Peppers

Rice Pilaf
Warm Black
Beans

Wed., June 14

Cheesy
Breadsticks
w/Marinara
**Strawberry
Spinach Salad**
Carrot Sticks
w/Dip

Thurs., June 15

Hot Turkey
Sandwich
Chef's Mashed
Potato
Steamed Peas

Fri., June 16

End of Year BBQ
Grilled Hamburgers
& Hot Dogs w/
All The Fixins
Garden Pasta &
Potato Salad
Chilled Watermelon
Summertime Dessert
Fresh Milk

Mon., June 19

Oven Baked
Corn Dog

Roasted Sweet
Potato Wedges
Baked Beans

Tues., June 20

Nachos w/
The Works
(Ground Beef, Tortilla
Chips, Homemade
Cheese Sauce)
Rice Pilaf
Steamed Corn

Wed., June 21

Chicken Caesar
Salad Wrap
Veggie Sticks
w/Dip
Sun Chips
Fresh Fruit
Milk

Thurs., June 22

Fri., June 23

DAILY LUNCH OPTIONS

Entrée Options

Main Meal
Deli Sandwich

Offered with all Meals

Fresh Fruit

Hood Milk: Skim, 1%
white or
Fat-Free Chocolate

Prices

Prices			
Breakfast	\$1.60	Lunch	\$2.30
Adult Breakfast	\$2.75	Adult Lunch	\$4.00

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

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	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Whole Grain Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Sausage & Cheese 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	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Ham & Cheese Bagel 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	Scrambled Egg & Cheese Wrap Fresh Fruit Milk		

Thurs., June 1	Fri., June 2
Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Ham & Cheese Bagel Fresh Fruit Milk

Sudbury Country 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

	Prices		Prices
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Adult Breakfast	\$2.75	Adult Lunch	\$4.00
	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>

