



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



Swanton Central 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 Sweet Pork Gyro Cucumber Greek Salad Fresh Fruit & Veggie Bar	Taste Test Event Creamy Macaroni & Cheese Homemade Cornbread Fresh Fruit & Veggie Bar	Pancakes w/ <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar
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	End of Year BBQ Grilled Hamburgers & Hot Dogs w/ All The Fixins Garden Pasta & Potato Salad Chilled Watermelon Summertime Dessert Fresh Milk	Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Veggie Sticks Fresh Fruit & Milk
Mon., June 19	Tues., June 20	Wed., June 21	Thurs., June 22	Fri., June 23

Thurs., June 1

Pancakes w/ *Local Maple Syrup*
Sweet & White Home Fries
Sausage Links
Fresh Fruit & Veggie Bar

Fri., June 2

BBQ Pork Sandwich
Creamy Coleslaw
Fresh Fruit & Veggie Bar

DAILY LUNCH OPTIONS

Entrée Options

Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich or
Pizza or Express or Grab & Go
Express Options:
Monday: Oven Baked Corn Dog
Tuesday: Chicken Nuggets
Wednesday: Cheeseburger
Thursday: Dress Your Own Hot Dog
Friday: Chicken Patty Sandwich

Offered with all Meals
Fresh Fruit & Veggie Bar
& Vegetable Soup
Hood Milk: Skim, 1% white or
Fat-Free Chocolate

Prices

Breakfast	\$0.00	Lunch	\$2.35
Adult Breakfast	\$2.00	Adult Lunch	\$3.50

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



Local Spinach For Harvest of the Month



Provided By:
Joe's Brook Farm
St. Johnsbury VT



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
Green Mtn. Farm Direct-Local Produce
Bergeron & Son's Produce





Mon., June 5		Tues., June 6		Wed., June 7		Thurs., June 1		Fri., June 2	
Whole Grain Breakfast Bar		Yogurt w/Home Made Granola		Assorted Cold Cereal w/ Graham Crackers		Healthy Whole Grain Breakfast Round		Fruit Filled Muffin w/ Cheese Stick	
Mon., June 12		Tues., June 13		Wed., June 14		Thurs., June 8		Fri., June 9	
Whole Grain Breakfast Bar		Yogurt w/Home Made Granola		Assorted Cold Cereal w/ Graham Crackers		Healthy Whole Grain Breakfast Round		Fruit Filled Muffin w/ Cheese Stick	
Mon., June 19		Tues., June 20		Wed., June 21		Thurs., June 22		Fri., June 23	

Swanton Central School
Breakfast
June 2017

Universal Breakfast-Free to all Students

Each Meal Served with:

100% Fruit Juice or 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

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Adult Breakfast	\$2.00	Adult Lunch	\$3.50

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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>

