

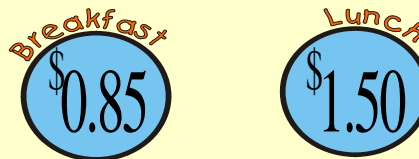
MENUS FOR JUNE 2012



SWANTON CENTRAL SCHOOL

This institution is an equal opportunity employer and provider

Pay for meals on-line at



Providing parents a safe secure way to manage food service payments and to look up account balances.

Visit our website: www.abbeygroup.net/foodserve.htm to access school menus, online pre-pay and food policy statements.

Prices

Breakfast

Paid \$0.85
Reduced Free
Adult \$1.50

Lunch

Paid \$1.50
Reduced \$0.40
Adult \$3.25

Milk \$0.50

Comments or Suggestions?

Call or email
The Abbey Group
1-800-696-4748
comments@abbeygroup.net

Looking for a job that lets you be at home when your family needs you there?

Come Join our Team!!
Call today for more information.

1-866-933-4205 X24



Scan the QR code above with your Smart Phone to Access the Abbey Group Website



Friday, June 1

Itza Pizza
Homemade Cheese or Pepperoni Pizza

Fresh Vegetable Sticks

Fresh Fruit
Farm Fresh Milk

AVAILABLE DAILY MEAL OPTIONS

MENUS ARE SUBJECT TO CHANGE

Hoagieville Deli
Garden Fresh Salad Bar
Cabot Yogurt Parfait & String Cheese
Vegetarian Options
OR
Hot Entrée listed

The Abbey Group's meal options are prepared home-style daily with fresh local products!

Mon., June 4

Chicken Mania
Oven Baked Chicken Nuggets w/Dipping Sauce

Oven Baked French Fries
Wheat Bread Slice

Fresh Fruit
Farm Fresh Milk

Tues., June 5

Fiesta
Taco Bar w/ The Works
Seasoned Taco Meat, Shredded Cheese, Lettuce, Onions, & Soft Flour Tortilla

Black Beans & Rice
Garden Salsa

Fresh Fruit
Farm Fresh Milk

Wed., June 6

Brunch For Lunch
Waffles w/ Warm Syrup

Sweet & White Home Fries
Baked Ham Slice
Happy Birthday Cake

Fresh Fruit
Farm Fresh Milk

Thurs., June 7

End of Year BBQ
Grilled Hamburgers & Hot Dogs w/all the Fixings
Ketchup, Mustard, Relish, Pickles, Cheese, Lettuce, Tomato & Onions

Summertime Potato Salad
Chilled Watermelon

Patriot Pops
Farm Fresh Milk

Friday, June 8

Itza Pizza
Homemade Cheese or Pepperoni Pizza

Side Caesar Salad

Fresh Fruit
Farm Fresh Milk

DAILY BREAKFAST OPTIONS

Mon: Whole Grain French Toast Sticks

Tues: Ham & Cheese on Whole Wheat Bagel

Wed: Ham, Egg & cheese on Whole Wheat English Muffin

Thurs: Sausage & Cheese on Whole Wheat English Muffin

Friday: Breakfast Buns w/ Scrambled Eggs

**Cereal w/English Muffin, Yogurt Parfait, Bagels, Muffins, Fruit, Milk and 100% Juice offered EVERYDAY!

Mon., June 11	Tues., June 12	Wed., June 13	Thurs., June 14	Friday, June 15
<p>Fiesta Chicken & Cheese Quesadilla on Soft Flour Tortilla</p> <p>Spanish Rice Black Bean Salsa</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Buon Appetito Wheat Spaghetti w/ Meat or Garden Marinara Sauce</p> <p>Chopped Green Salad w/Herb Dressing Wheat Bread Slice</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Last Day of School Itza Wrap Chicken Caesar Salad Wrap Chicken, Romaine, Caesar Dressing on Soft Flour Tortilla</p> <p>Seasoned Garlic Rotini</p> <p>Fresh Fruit Farm Fresh Milk</p>		
Mon., June 18	Tues., June 19	Wed., June 20	Thurs., June 21	Friday, June 22
Mon., June 25	Tues., June 26	Wed., June 27	Thurs., June 28	Friday, June 29

We Support Local New England Companies

Garvey's Garden	Sentinel Orchards
VT. Country Farms	McKenzie
Cabot Cooperative	Mazza Farm Stand
Westminster Crackers	Cold Hollow Cider
New England Coffee	B & D Potato Farm
Champlain Orchards	
VT. Hydroponic Produce LLC	
Sunrise Orchards	



Whole grain options offered daily






Vegetable of the Month: Lettuce or Salad Greens

Two cups of green leaf lettuce provides:

- n More than 100 percent of the recommended Daily Value (DV) for Vitamin A, and more than 150 percent of the recommended DV for Vitamin K. Vitamin A is essential for healthy vision, while Vitamin K is necessary for proper bone growth.
- n An excellent source of Vitamin C (22% DV), which may help to prevent against heart disease.
- n A good source of the essential mineral manganese, which helps support the immune system, maintain normal blood sugar levels and support normal bone growth and reproduction.

Caesar Salad Wrap 

Makes 24 tastes at ¼ slice each

- n 1 head romaine lettuce, torn into bite-size pieces
- n 2 boneless, skinless chicken breasts, cooked and cut into strips (optional)
- n 4 tomatoes, chopped
- n 2 tablespoons green onion, chopped
- n 6 tablespoons reduced fat or lowfat Caesar salad dressing
- n 2 tablespoons shredded Parmesan cheese
- n 6 10-inch fat free flour tortillas

Prepare or purchase cooked chicken in advance. In a large bowl, combine all ingredients, except flour tortillas. Place equal amounts of salad mixture in each tortilla. Fold in both sides and roll up tortilla.