The Abbey Group

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

Wardsboro Elementary School Lunch

August/September 2018

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	Chef's Choice Pizzas Pepperoni, Cheese or Veggie **Zucchini Parmesan** Fresh Fruit & Veggie Bar	Cheesy Ravioli Bake Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar	**Birthday Celebration** French Toast Sticks ***Local Maple Syrup*** Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar

Mon., Sept. 10	Tues., Sept. 11	Wed., Sept. 12	Thurs, Sept. 13	Fri., Sept. 14
Oven Baked BBQ Chicken Hand Cut French Fries Corn on the Cob Dinner Roll 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	Cheesy Breadsticks w/Marinara Chicken Noodle Soup Fresh Fruit & Veggie Bar	Creamy Macaroni & Cheese Homemade Cornbread 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

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	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Caesar Salad Fresh Fruit & Veggie Bar	**Welcome Back** **Parents Welcome** Shepherd's Pie (Hamburger, Corn & Mashed Potato) Dinner Roll Fresh Fruit & Veggie Bar	Pancakes w/ ***Local Maple Syrup*** Fresh Cut Sweet & White Home Fries Sausage Links 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	Chef's Choice Pizzas Pepperoni, Cheese or Veggie **Broccoli Salad** Fresh Fruit & Veggie Bar	Spaghetti w/ Homemade Meat Sauce Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar	French Toast Sticks ***Local Maple Syrup*** Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar

Daily Lunch Offerings:

Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich

Offered with all Meals

Fresh Fruit & Vegetable Bar

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	**$1.75**	**Lunch**	**$2.90**
Adult Breakfast	**$2.50**	**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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Wardsboro Elementary School Breakfast

August/September 2018

Mon.	Tues.	Wed.	Thurs.	Fri.
		Wed., Aug. 29 Homemade Blueberry Pancakes Fresh Fruit Milk	Thurs., Aug 30 Homemade Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Fri., Aug 31 Ham & Cheese Bagel Fresh Fruit Milk
Mon., Sept 3 **No School Labor Day**	Tues., Sept 4 Oven Baked Twin Cinnamon Rolls Fresh Fruit Milk	Wed., Sept 5 Homemade Blueberry Pancakes Fresh Fruit Milk	Thurs., Sept. 6 Homemade Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Fri., Sept. 7 Sausage & Cheese Muffin Fresh Fruit Milk
Mon., Sept 10 Homemade French Toast Fresh Fruit Milk	Tues., Sept 11 Oven Baked Twin Cinnamon Rolls Fresh Fruit Milk	Wed., Sept 12 Homemade Blueberry Pancakes Fresh Fruit Milk	Thurs, Sept 13 Homemade Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Fri., Sept 14 Ham & Cheese Bagel Fresh Fruit Milk
Mon., Sept 17 Homemade French Toast Fresh Fruit Milk	Tues., Sept 18 Oven Baked Twin Cinnamon Rolls Fresh Fruit Milk	Wed., Sept 19 Homemade Blueberry Pancakes Fresh Fruit Milk	Thurs, Sept 20 Homemade Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Fri., Sept 21 Sausage & Cheese Muffin Fresh Fruit Milk
Mon., Sept 24 Homemade French Toast Fresh Fruit Milk	Tues., Sept 25 Oven Baked Twin Cinnamon Rolls Fresh Fruit Milk	Wed., Sept 26 Homemade Blueberry Pancakes Fresh Fruit Milk	Thurs, Sept 27 Homemade Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Fri., Sept 28 Ham & Cheese Bagel Fresh Fruit Milk

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

Prices

Breakfast $1.75 **Lunch $2.90**

Adult Breakfast $2.50 **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

ChooseMyPlate.gov

WHOLE GRAINS on every plate