

Menus for June 2010

North Hero Elementary



In accordance with Federal law and US Dept. of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability or retaliation. If you require this information in alternative format (Braille, large print, audiotape) contact the USDA TARGET Center at (202) 720-2600 (voice or TDD). To file a

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	\$1.00
Reduced	Free
Adult	\$1.50

Lunch

Paid	\$1.75
Reduced	\$0.40
Adult	\$3.00

Milk	\$0.50
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Comments or Suggestions?

Call or email
The Abbey Group
1-800-696-4748
coments@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

Tuesday, June 1

Homemade Grilled Cheese On Wheat Bread

Tuna Mac Salad
Juicy Watermelon
Steamed Vegetable

Fresh Fruit
Farm Fresh Milk

Wed., June 2

Nachos Supreme Meat & Cheese
Salsa, Peppers, Tomatoes, Black Olives & Sour Cream Tortilla Chips

Spanish Rice
Chilled Fruit Cup
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thursday, June 3

Creamy Mac & Cheese
Cornbread Squares

Cauliflower, Broccoli & Carrots
Mixed Fruit
Happy Birthday Cake

Fresh Fruit
Farm Fresh Milk

Friday, June 4

Freshly Made Pepperoni & Cheese Pizza

Garden Salad
Low Fat Dressings
Jell-O with Fruit

Fresh Fruit
Farm Fresh Milk

Available Daily Meal Options

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

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

Monday, June 7

Italian Meatball Sub On a Wheat Roll

Side Caesar Salad
Roasted Zucchini
Low-fat Dessert

Fresh Fruit
Farm Fresh Milk

Tuesday, June 8

Dress Your Own Hot Dog w/ All the Fixings

Baked Beans
Cucumber Slices

Fresh Fruit
Farm Fresh Milk

Wed., June 9

Brunch For Lunch
Yummy Waffles w/ Maple Syrup

New England Sweet & White Home fries
Baked Ham
Warm Blueberry Crisp

Fresh Fruit
Farm Fresh Milk

Thursday, June 10

Localvore Day
Baked Potato Bar
Seasoned Beef, Bacon Bits, Cheese Sauce, Broccoli, Sour Cream & Chives

Spinach Salad w/ Apples & Maple Vinaigrette
Homemade Garlic Bread

Fresh Fruit
Farm Fresh Milk

Friday, June 11

Homemade Cheesy Breadsticks w/Marinara Dipping Sauce

Vegetable Sticks
Hummus Dip
Fruit Cups

Fresh Fruit
Farm Fresh Milk

Daily Breakfast Options

Mon: French Toast Sticks
Tues: Ham & Cheese Bagel
Wed: Breakfast Pizza Pockets
Thurs: Sausage & Cheese Muffin
Friday: Cinnamon Buns w/Icing

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



Monday, June 14

Baked Chicken Nuggets With Dipping Sauce
Mashed Potatoes
Steamed Broccoli
Oatmeal Dinner Rolls

Fresh Fruit
Farm Fresh Milk

Tuesday, June 15

End of Year BBQ
Grilled Burgers and Hot Dogs (Lettuce, Tomato, Pickles & Cheese)
Vegetarian Option
Summertime Salads
Potato Chips
Watermelon
Patriot Pops
Farm Fresh Milk

Wed., June 16

Last Day of School
Freshly Made Pepperoni & Cheese Pizza

Garden Salad
Low Fat Dressings
Chilled Fruit Cup

Fresh Fruit
Farm Fresh Milk



BUY LOCAL

We support local New England Companies

- Saputo Cheese Co.
- Cold Hollow Cider
- Hackett's Orchard
- Mazza Farm Stand
- Westminster Cracker
- Sunrise Orchards
- Pomykala Farm
- Sentinel Orchards
- Cabot Cooperative
- Vt. Country Farms

See You In August or September



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