

Menus for June 2010

Pownal Elementary School



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



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

BBQ Pulled Pork Sandwich on Wheat Roll

Garden Pasta Salad
Creamy Coleslaw

Fresh Fruit
Farm Fresh Milk

Thursday, June 3

Creamy Mac & Cheese
Blueberry Muffins

Steamed Corn
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

Chicken Scampi Pasta, Chicken & Broccoli

Chilled Mandarin Orange Cups
Wheat Dinner Rolls

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

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

Freshly Made Pepperoni & Cheese Pizza

Vegetable Sticks
Hummus Dip
Fruit Cups

Fresh Fruit
Farm Fresh Milk

Daily Breakfast Options

Mon: French Toast Sticks w/ Warm syrup
Tues: Sausage & Cheese and Egg & Cheese Muffins
Wed: Healthy Breakfast Pizza
Thurs: Sausage & Cheese Bagels and Ham & Cheese Bagels
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

Pasta Bar Macaroni or Rotini Meat & Cheese Sauce

Garden Salad Low-Fat Dressing Garlic Bread Sticks

Fresh Fruit Farm Fresh Milk

Wed., June 16

Grilled Hot Dog On Wheat Roll

Summertime Salad Watermelon Patriot Pops

Fresh Fruit Farm Fresh Milk

Thursday, June 17

Chicken Fajita (Chicken, Cheese, Salsa, Sour Cream Soft Flour Tortilla)

Rice Pilaf Steamed Corn Chilled Fruit Cup

Fresh Fruit Farm Fresh Milk

Friday, June 18

Last Day of School

Chilled Tuna Boat (Tuna in a Bun)

Veggie Sticks w/Dip Potato Salad

Fresh Fruit Farm Fresh Milk



BUY LOCAL

We support local New England Companies

- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchards
- Mighty Food Farm
- Green River Produce
- Youth Horticultural Group
- MAUHS
- Cabot Cooperative
- Westminster Crackers
- Vt. Country Farms

See You In August or September



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Garden Fresh Salad Bar
Cabot Yogurt & String Cheese
Vegetarian Options
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