



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



**Fair Haven Grade School
Lunch**
August/September 2017

**Taste Test
Event
Thursday
August 31**

Featuring
Tomatoes
& Summer Squash

Wed., Aug 30

Chicken Patty
Sandwich
w/Lettuce & Tomato
Oven Baked
French Fries
Fresh Fruit &
Veggie Bar

Thurs., Aug 31

Taste Test
Spaghetti w/
Meat or Marinara
Sauce
Garlic Breadstick
Fresh Fruit &
Veggie Bar

Fri., Sept. 1

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

Mon., Sept. 4

**Labor
Day**

Tues., Sept. 5

Dress Your Own
Hot Dog
Roasted Sweet
Potato Wedges
Fresh Fruit &
Veggie Bar

Wed., Sept. 6

**Birthday
Celebration**
Slow Roasted
BBQ Pork
Sandwich
Creamy Coleslaw
Fresh Fruit &
Veggie Bar

Thurs., Sept. 7

Homemade
Shepherd's Pie
Baker's Hand
Rolled Dinner Roll
**Roasted Zucchini
Sticks**
Fresh Fruit &
Veggie Bar

Fri., Sept. 8

Minestrone Soup
Cheesy
Breadsticks
w/Marinara
Fresh Fruit &
Veggie Bar

Mon., Sept. 11

Meatball
Sub
Garden Pasta
Salad
Fresh Fruit &
Veggie Bar

Tues., Sept. 12

Creamy
Macaroni &
Cheese
Homemade
Cornbread
Fresh Fruit &
Veggie Bar

Wed., Sept. 13

**Maple Apple
French Toast
Bake**
Local Maple Syrup
Fresh Cut Sweet &
White Home Fries
Fresh Fruit &
Veggie Bar

Thurs, Sept. 14

Oven Roasted
Hot Turkey
Sandwich
Chef's Mashed
Potato
Fresh Fruit &
Veggie Bar

Fri., Sept. 15

Steak & Cheese
Flatbread
**Zucchini
Parmesan**
Fresh Fruit &
Veggie Bar

Mon., Sept. 18

Oven Baked
Chicken Nuggets
w/Dipping Sauce
Hand Cut Roasted
Potato Wedges
Fresh Fruit &
Veggie Bar

Tues., Sept. 19

Taco Bar w/
Soft Shell
**Homemade Salsa
w/Fresh Tomatoes**
Fresh Fruit &
Veggie Bar

Wed., Sept. 20

Grilled Cheese
Sandwich
From Scratch
Chicken Noodle
Soup
Fresh Fruit &
Veggie Bar

Thurs, Sept. 21

Homemade
Goulash
Garlic Breadstick
**Seasoned
Summer Squash**
Fresh Fruit &
Veggie Bar

Fri., Sept. 22

Chipotle Chicken
& Cheese
Flatbread Melt
**Local Corn
on the Cob**
Fresh Fruit &
Veggie Bar

Mon., Sept. 25

Dress Your Own
Burger
Hand Cut
French Fries
Fresh Fruit &
Veggie Bar

Tues., Sept. 26

Chicken Fajitas
w/Sauteed Onions &
Peppers
Rice Pilaf
Fresh Fruit &
Veggie Bar

Wed., Sept. 27

Early Release
Chicken Patty
Sandwich
w/Lettuce & Tomato
Veggie Sticks
Fresh Fruit
Milk

Thurs, Sept. 28

Spaghetti w/
Meat or Marinara
Sauce
Garlic
Breadstick
Fresh Fruit &
Veggie Bar

Fri., Sept. 29

Minestrone Soup
Cheesy
Breadsticks
w/Marinara
Fresh Fruit &
Veggie Bar

Daily Lunch Offerings:

Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich or Express or
Pizza or Salad Bar

Offered with all Meals
Fresh Fruit & Veggie Bar &
Vegetable Soup

**Hood Milk: Skim, 1% white or
Fat-Free Chocolate**

Express Menu

Monday: Chicken Patty Sandwich
Tuesday: Hamburger Deluxe
Wednesday: Chicken Nuggets
Thursday: Meatball Sub
Friday: Hot Dogs

**Harvest of the
Month**



August
Tomatoes

September
Summer Squash



**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

Prices

Breakfast	\$1.50	Lunch	\$2.70
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**

**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





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BACK TO SCHOOL

Wed., Aug 30

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Thurs., Aug 31

Cereal w/ 1/2 English Muffin
Fresh Fruit
Milk

Fri., Sept. 1

Whole Grain French Toast Sticks
Fresh Fruit
Milk

Mon., Sept. 4

Labor Day

Tues., Sept. 5

Sausage & Cheese English Muffin
Fresh Fruit
Milk

Wed., Sept. 6

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Thurs., Sept. 7

Cereal w/ 1/2 English Muffin
Fresh Fruit
Milk

Fri., Sept. 8

Whole Grain French Toast Sticks
Fresh Fruit
Milk

Mon., Sept. 11

Whole Grain Pancakes w/ Syrup
Fresh Fruit
Milk

Tues., Sept. 12

Sausage & Cheese English Muffin
Fresh Fruit
Milk

Wed., Sept. 13

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Thurs, Sept. 14

Cereal w/ 1/2 English Muffin
Fresh Fruit
Milk

Fri., Sept. 15

Whole Grain French Toast Sticks
Fresh Fruit
Milk

Mon., Sept. 18

Whole Grain Pancakes w/ Syrup
Fresh Fruit
Milk

Tues., Sept. 19

Sausage & Cheese English Muffin
Fresh Fruit
Milk

Wed., Sept. 20

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Thurs, Sept. 21

Cereal w/ 1/2 English Muffin
Fresh Fruit
Milk

Fri., Sept. 22

Whole Grain French Toast Sticks
Fresh Fruit
Milk

Mon., Sept. 25

Whole Grain Pancakes w/ Syrup
Fresh Fruit
Milk

Tues., Sept. 26

Sausage & Cheese English Muffin
Fresh Fruit
Milk

Wed., Sept. 27

Early Release Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Thurs, Sept. 28

Cereal w/ 1/2 English Muffin
Fresh Fruit
Milk

Fri., Sept. 29

Whole Grain French Toast Sticks
Fresh Fruit
Milk



Fair Haven Grade School Breakfast August/September 2017

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

Questions or Comments regarding our School Meal Program?

Please contact The Abbey Group Vice President of Operations Scott Choiniere
scott@abbeygroup.net



Prices

Breakfast	\$1.50	Lunch	\$2.70
Adult Breakfast	\$2.50	Adult Lunch	\$3.75

Milk \$.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>

