The Abbey Group

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

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** Slow Roasted BBQ Pork Sandwich Creamy Coleslaw 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	Shepherd's Pie (Hamburger, Corn & Mashed Potato) Dinner Roll Fresh Fruit & Veggie Bar	Grilled Cheese Sandwich From Scratch Creamy Tomato Soup 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	Hearty Chicken & Biscuits Steamed Peas Fresh Fruit & Veggie Bar

North Hero Elementary Lunch

August/September 2018

Daily Lunch Offerings:

Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich

Offered with all Meals

Fresh Fruit & Veggie Bar & Vegetable Soup

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	**$1.50**	**Lunch**	**$2.45**
Adult Breakfast	**$1.50**	**Adult Lunch**	**$3.60**

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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Wed., Aug. 29	Thurs., Aug 30	Fri., Aug 31
Oven Baked Cinnamon Bun Fresh Fruit Milk	French Toast Sticks w Syrup Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk

Mon., Sept 3	Tues., Sept 4	Wed., Sept 5	Thurs., Sept. 6	Fri., Sept. 7
No School Labor Day	Ultimate Breakfast Round Fresh Fruit Milk	Oven Baked Cinnamon Bun Fresh Fruit Milk	French Toast Sticks w Syrup Fresh Fruit Milk	Ham & Cheese Bagel Fresh Fruit Milk
Mon., Sept 10	**Tues., Sept 11**	**Wed., Sept 12**	**Thurs, Sept 13**	**Fri., Sept 14**
Homemade Pancakes w/Syrup Fresh Fruit Milk	Ultimate Breakfast Round Fresh Fruit Milk	Oven Baked Cinnamon Bun Fresh Fruit Milk	French Toast Sticks w Syrup Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk
Mon., Sept 17	**Tues., Sept 18**	**Wed., Sept 19**	**Thurs, Sept 20**	**Fri., Sept 21**
Homemade Pancakes w/Syrup Fresh Fruit Milk	Ultimate Breakfast Round Fresh Fruit Milk	Oven Baked Cinnamon Bun Fresh Fruit Milk	French Toast Sticks w Syrup Fresh Fruit Milk	Ham & Cheese Bagel Fresh Fruit Milk
Mon., Sept 24	**Tues., Sept 25**	**Wed., Sept 26**	**Thurs, Sept 27**	**Fri., Sept 28**
Homemade Pancakes w/Syrup Fresh Fruit Milk	Ultimate Breakfast Round Fresh Fruit Milk	Oven Baked Cinnamon Bun Fresh Fruit Milk	French Toast Sticks w Syrup Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk

North Hero Elementary Breakfast

August/September 2018

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	**$1.50**	**Lunch**	**$2.45**
Adult Breakfast	**$1.50**	**Adult Lunch**	**$3.60**

Milk $.50
Pay for meals on-line
For free on-line service go to
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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