



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

Taste Test  
Event  
Thursday  
Sept. 14

Featuring  
Tomatoes  
& Summer Squash



Mon., Sept. 4

**Labor Day**

Tues., Sept. 5

Chicken Patty Sandwich  
w/Lettuce & Tomato  
Oven Baked French Fries  
Steamed Green Beans

Wed., Sept. 6

Chicken Caesar Salad Wrap  
  
Fresh Carrot Sticks w/  
Hummus Dip

Thurs., Sept. 7

Meatball Sub  
  
Creamy Coleslaw  
  
Steamed Corn

Fri., Sept. 8

**BirthDay Celebration**  
Dress Your Own  
Hot Dog  
Garden Pasta Salad  
Baked Beans

Mon., Sept. 11

Chicken Gyro  
  
Cucumber Greek Salad  
  
Fresh Celery w/  
Hummus Dip

Tues., Sept. 12

Nachos Supreme  
*Homemade Salsa w/Fresh Tomatoes*  
  
**Cherry Tomato & Corn Salad**

Wed., Sept. 13

Chef's Choice Pizzas  
Pepperoni, Cheese or Veggie  
Zucchini Parmesan  
  
Warm Black Beans

Thurs, Sept. 14

**Taste Test Event**  
Creamy Macaroni & Cheese  
Homemade Cornbread  
Steamed Carrots  
**Roasted Zucchini Sticks**

Fri., Sept. 15

**Maple Apple French Toast Bake**  
*Local Maple Syrup*  
Fresh Cut Sweet & White Home Fries  
Fresh Green Pepper Strips

Mon., Sept. 18

Oven Baked Chicken Nuggets  
w/Dipping Sauce  
Hand Cut Roasted Potato Wedges  
Baked Beans

Tues., Sept. 19

Taco Bar w/ Soft Shell  
*Homemade Salsa w/Fresh Tomatoes*  
  
**Cherry Tomato & Corn Salad**

Wed., Sept. 20

Chef's Choice Pizzas  
Pepperoni, Cheese or Veggie  
*Local Corn on the Cob*  
Chopped Green Salad

Thurs, Sept. 21

Chef's Special Homemade Goulash  
Garlic Breadstick  
**Seasoned Summer Squash**

Fri., Sept. 22

Grilled Cheese Sandwich  
From Scratch Chicken Noodle Soup  
Celery Sticks w/Hummus Dip

Mon., Sept. 25

Dress Your Own Burger  
  
Hand Cut French Fries  
  
Baked Beans

Tues., Sept. 26

Chicken Fajitas w/Sauteed Onions & Peppers  
  
Rice Pilaf  
  
Marinated Black Beans

Wed., Sept. 27

Pork Fried Rice  
  
Steamed Broccoli  
  
Dinner Roll  
Fortune Cookie

Thurs, Sept. 28

Spaghetti w/ Meat or Marinara Sauce  
Garlic Breadstick  
Fresh Carrot Sticks w/Hummus

Fri., Sept. 29

Pizza Quesadilla  
  
Caesar Salad  
  
Steamed Green Beans

Pownal Elementary School  
Lunch  
August/September 2017

## Daily Lunch Offerings:

Main Meal or  
Yogurt Meal or  
Deli Sandwich or  
Salad Bar

Offered with all Meals

**Fresh Fruit**

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

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

Community Eligibility Provision

Meals to all Students are Free  
*Snacks & Snack Milk not included*

Adult	Adult
Breakfast \$2.50	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

Clearbrook Farm  
Maplebrook Farm  
Youth Horticultural Group  
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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Mon., Sept. 4	Tues., Sept. 5	Wed., Sept. 6	Thurs., Sept. 7	Fri., Sept. 8
<b>Labor Day</b>	Strawberry Cream Cheese Stuffed Bagel Fresh Fruit Milk	Whole Grain Breakfast Bun Fresh Fruit Milk	Asst. Fruit Muffin Muffin & Animal Crackers Fresh Fruit Milk	Cherry Frudel Fresh Fruit Milk
Mon., Sept. 11	Tues., Sept. 12	Wed., Sept. 13	Thurs, Sept. 14	Fri., Sept. 15
Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Bagel w/ Cream Cheese Fresh Fruit Milk	Whole Grain Banana Bread Fresh Fruit Milk	Asst. Fruit Muffin Muffin & Animal Crackers Fresh Fruit Milk	Sausage Wrapped in Pancake Fresh Fruit Milk
Mon., Sept. 18	Tues., Sept. 19	Wed., Sept. 20	Thurs, Sept. 21	Fri., Sept. 22
Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Strawberry Cream Cheese Stuffed Bagel Fresh Fruit Milk	Whole Grain Breakfast Bun Fresh Fruit Milk	Asst. Fruit Muffin Muffin & Animal Crackers Fresh Fruit Milk	Cherry Frudel Fresh Fruit Milk
Mon., Sept. 25	Tues., Sept. 26	Wed., Sept. 27	Thurs, Sept. 28	Fri., Sept. 29
Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Bagel w/ Cream Cheese Fresh Fruit Milk	Whole Grain Banana Bread Fresh Fruit Milk	Asst. Fruit Muffin Muffin & Animal Crackers Fresh Fruit Milk	Sausage Wrapped in Pancake Fresh Fruit Milk



Pownal Elementary School  
Breakfast  
August/September 2017

## DAILY BREAKFAST OPTIONS

*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 your School Meal Program?

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



## Prices

### Community Eligibility Provision

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Snacks & Snack Milk not included

Adult Breakfast \$2.50	Milk \$0.50	Adult Lunch \$3.75
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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>

