



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



**Waits River Valley 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**

**Minestrone Soup**  
Cheesy  
Breadsticks  
w/Marinara  
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**

**BirthDay  
Celebration**  
Slow Roasted  
BBQ Pork  
Sandwich  
Creamy Coleslaw  
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**

Chef's Choice  
Pizzas  
Pepperoni, Cheese  
or Veggie  
**Zucchini Parmesan**  
Fresh Fruit &  
Veggie Bar

**Thurs, Sept. 14**

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

**Fri., Sept. 15**

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

Chef's Choice  
Pizzas  
Pepperoni, Cheese  
or Veggie  
*Local Corn on the  
Cob*  
Fresh Fruit &  
Veggie Bar

**Thurs, Sept. 21**

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

**Fri., Sept. 22**

Grilled Cheese  
Sandwich  
From Scratch  
Chicken Noodle  
Soup  
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**

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

**Thurs, Sept. 28**

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

**Fri., Sept. 29**

Pork Fried Rice  
Steamed  
Broccoli  
Dinner Roll  
Fortune Cookie  
Fresh Fruit &  
Veggie Bar

**Daily Lunch Offerings:**

Main Meal or  
Cabot Yogurt Parfait or  
Deli Sandwich or  
Pizza

**Offered with all Meals**  
Fresh Fruit & Veggie Bar &  
Vegetable Soup  
**Hood Milk: Skim, 1%  
white or  
Fat-Free Chocolate**

**Prices**

Community Eligibility Provision

Meals to all Students are Free

Adult		Adult	
Breakfast	\$2.10	Lunch	\$3.75
		Milk	\$0.50

**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**

**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



**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

Mon., Sept. 4

**Labor Day**

Tues., Sept. 5

Whole Grain Cinnamon Roll  
Fresh Fruit  
Milk

Wed., Sept. 6

Sausage & Cheese Muffin  
Fresh Fruit  
Milk

Thurs., Sept. 7

Healthy Whole Grain Breakfast Round  
Fresh Fruit  
Milk

Fri., Sept. 8

Fruit & Yogurt Smoothie w/Fruit Muffin  
Fresh Fruit  
Milk

Wed., Aug 30

Ham & Cheese Bagel  
Fresh Fruit  
Milk

Thurs., Aug 31

Healthy Whole Grain Breakfast Round  
Fresh Fruit  
Milk

Fri., Sept. 1

Fruit & Yogurt Smoothie w/Fruit Muffin  
Fresh Fruit  
Milk

Mon., Sept. 11

Whole Grain French Toast Sticks  
Fresh Fruit  
Milk

Tues., Sept. 12

Whole Grain Cinnamon Roll  
Fresh Fruit  
Milk

Wed., Sept. 13

Ham & Cheese Bagel  
Fresh Fruit  
Milk

Thurs, Sept. 14

Healthy Whole Grain Breakfast Round  
Fresh Fruit  
Milk

Fri., Sept. 15

Fruit & Yogurt Smoothie w/Fruit Muffin  
Fresh Fruit  
Milk

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Whole Grain French Toast Sticks  
Fresh Fruit  
Milk

Tues., Sept. 19

Whole Grain Cinnamon Roll  
Fresh Fruit  
Milk

Wed., Sept. 20

Sausage & Cheese Muffin  
Fresh Fruit  
Milk

Thurs, Sept. 21

Healthy Whole Grain Breakfast Round  
Fresh Fruit  
Milk

Fri., Sept. 22

Fruit & Yogurt Smoothie w/Fruit Muffin  
Fresh Fruit  
Milk

Mon., Sept. 25

Whole Grain French Toast Sticks  
Fresh Fruit  
Milk

Tues., Sept. 26

Whole Grain Cinnamon Roll  
Fresh Fruit  
Milk

Wed., Sept. 27

Sausage & Cheese Muffin  
Fresh Fruit  
Milk

Thurs, Sept. 28

Healthy Whole Grain Breakfast Round  
Fresh Fruit  
Milk

Fri., Sept. 29

Fruit & Yogurt Smoothie w/Fruit Muffin  
Fresh Fruit  
Milk



## Waits River Valley 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 your School Meal Program?

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



### Prices

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Adult Breakfast	\$2.10	Adult Lunch	\$3.75
	Milk \$0.50		

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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>

