



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




Castleton Village School
Lunch
August/September 2017


Taste Test Event
Thursday
August 31

Featuring
Tomatoes
& Summer Squash

Mon., Sept. 4	Tues., Sept. 5	Wed., Aug 30	Thurs., Aug 31	Fri., Sept. 1
Labor Day	Dress Your Own Hot Dog	Deli Day Turkey, Ham or Veggie Sandwich	Taste Test Spaghetti w/ Meat or Marinara Sauce	Pancakes w/ <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries
	Roasted Sweet Potato Wedges	Veggie Sticks	Garlic Breadstick	Sausage Links
	Fresh Fruit & Veggie Bar	Sun Chips	Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar
Mon., Sept. 11	Tues., Sept. 12	Wed., Sept. 6	Thurs., Sept. 7	Fri., Sept. 8
Meatball Sub	Creamy Macaroni & Cheese	Minestrone Soup	Homemade Shepherd's Pie	Birth Day Celebration
Garden Pasta Salad	Homemade Cornbread	Cheesy Breadsticks w/Marinara	Baker's Hand Rolled Dinner Roll	Slow Roasted BBQ Pork Sandwich
Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar	Roasted Zucchini Sticks	Creamy Coleslaw
			Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar
Mon., Sept. 18	Tues., Sept. 19	Wed., Sept. 13	Thurs, Sept. 14	Fri., Sept. 15
Oven Baked Chicken Nuggets w/Dipping Sauce	Taco Bar w/ Soft Shell	Chef's Choice Pizzas	Oven Roasted Hot Turkey Sandwich	Maple Apple French Toast Bake
Hand Cut Roasted Potato Wedges	<i>Homemade Salsa w/Fresh Tomatoes</i>	Pepperoni, Cheese or Veggie	Chef's Mashed Potato	<i>Local Maple Syrup</i>
Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar	<u>Zucchini Parmesan</u>	Fresh Fruit & Veggie Bar	Fresh Cut Sweet & White Home Fries
		Fresh Fruit & Veggie Bar		Fresh Fruit & Veggie Bar
Mon., Sept. 25	Tues., Sept. 26	Wed., Sept. 20	Thurs, Sept. 21	Fri., Sept. 22
Dress Your Own Burger	Chicken Fajitas w/Sauteed Onions & Peppers	Chef's Choice Pizzas	Homemade Goulash	Grilled Cheese Sandwich
Hand Cut French Fries	Rice Pilaf	Pepperoni, Cheese or Veggie	Garlic Breadstick	From Scratch Chicken Noodle Soup
Fresh Fruit & Veggie Bar	Steamed Corn	<i>Local Corn on the Cob</i>	<u>Seasoned Summer Squash</u>	Fresh Fruit & Veggie Bar
	Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar	
Mon., Sept. 25	Tues., Sept. 26	Wed., Sept. 27	Thurs, Sept. 28	Fri., Sept. 29
Dress Your Own Burger	Chicken Fajitas w/Sauteed Onions & Peppers	Early Release	Spaghetti w/ Meat or Marinara Sauce	Pork Fried Rice
Hand Cut French Fries	Rice Pilaf	Chef's Choice Pizzas	Garlic Breadstick	Steamed Broccoli
Fresh Fruit & Veggie Bar	Steamed Corn	Pepperoni, Cheese or Veggie	Fresh Fruit & Veggie Bar	Dinner Roll
	Fresh Fruit & Veggie Bar	Veggie Sticks		Fortune Cookie
		Fresh Fruit & Milk		Fresh Fruit & Veggie Bar

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

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



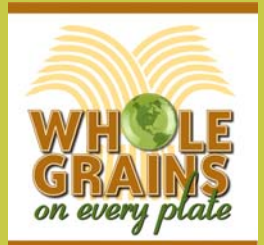
Prices

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

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Aug 31

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 1

Whole Grain Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk

Mon., Sept. 4

Labor Day

Tues., Sept. 5

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept. 6

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Sept. 7

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 8

Whole Grain Fruit Filled Muffin w/ Cheese Stick
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

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs, Sept. 14

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 15

Whole Grain Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk

Mon., Sept. 18

Whole Grain French Toast Sticks
Fresh Fruit
Milk

Tues., Sept. 19

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept. 20

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs, Sept. 21

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 22

Whole Grain Fruit Filled Muffin w/ Cheese Stick
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

Early Release Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs, Sept. 28

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 29

Whole Grain Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk



Castleton Village School Breakfast August/September 2017

DAILY BREAKFAST OPTIONS

Sausage & Cheese Muffin
Ham & Cheese Bagel
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	\$2.50	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>

