



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





**Mary Hogan Elementary  
Lunch**  
August/September 2017

**Taste Test  
Event  
Friday  
Sept. 22, 2017**  
  
Featuring  
Tomatoes  
& Summer Squash

Mon., Sept. 4	Tues., Sept. 5	Wed., Aug 30	Thurs., Aug 31	Fri., Sept. 1
<b>Labor Day</b>	Dress Your Own Hot Dog	Chicken Patty Sandwich w/Lettuce & Tomato	Spaghetti w/ Meat or Marinara Sauce	Chef's Choice Pizzas
	Roasted Sweet Potato Wedges	Oven Baked French Fries	Garlic Breadstick	Pepperoni, Cheese or Veggie
	Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar	<b>Broccoli Salad</b>
Mon., Sept. 11	Tues., Sept. 12	Wed., Sept. 6	Thurs., Sept. 7	Fri., Sept. 8
Meatball Sub	Creamy Macaroni & Cheese	Slow Roasted BBQ Pork Sandwich	Homemade Shepherd's Pie	Chef's Choice Pizzas
Garden Pasta Salad	Homemade Cornbread	Creamy Coleslaw	Baker's Hand Rolled Dinner Roll	Pepperoni, Cheese or Veggie
Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar	<b>Roasted Zucchini Sticks</b>	Caesar Salad
			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	<b>Maple Apple French Toast Bake</b>	Oven Roasted Hot Turkey Sandwich	Chef's Choice Pizzas
Hand Cut Roasted Potato Wedges	<i>Homemade Salsa w/Fresh Tomatoes</i>	<i>Local Maple Syrup</i>	Chef's Mashed Potato	Pepperoni, Cheese or Veggie
Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar	Fresh Cut Sweet & White Home Fries	Fresh Fruit & Veggie Bar	<b>Zucchini Parmesan</b>
		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/Sautéed Onions & Peppers	Grilled Cheese Sandwich	Homemade Goulash	<b>Taste Test</b>
Hand Cut French Fries	Rice Pilaf	From Scratch Chicken Noodle Soup	Garlic Breadstick	Chef's Choice Pizzas
Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar	<b>Seasoned Summer Squash</b>	Pepperoni, Cheese or Veggie
			Fresh Fruit & Veggie Bar	<i>Local Corn on the Cob</i>
				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/Sautéed Onions & Peppers	Pork Fried Rice	Spaghetti w/ Meat or Marinara Sauce	Chef's Choice Pizzas
Hand Cut French Fries	Rice Pilaf	Steamed Broccoli	Garlic Breadstick	Pepperoni, Cheese or Veggie
Fresh Fruit & Veggie Bar	Fresh Fruit & Veggie Bar	Dinner Roll	Fresh Fruit & Veggie Bar	Caesar Salad
		Fortune Cookie		Fresh Fruit & Veggie Bar
		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  


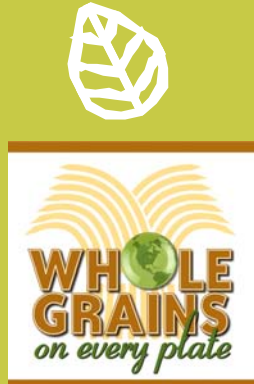
**Prices**

Breakfast	\$2.00	Lunch	\$2.80
Adult Breakfast	\$2.50	Adult Lunch	\$4.00
		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**

**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**
- Misty Knoll's Farm-Chicken
  - Elmer Farm
  - Maple Meadow Farm- Eggs
  - Harvey Smith Family Farm- Beef
  - Lester Farm
  - Monument Farm
  - 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
  - Champlain Orchards-Apples
  - Mazza Farm Stand- Local Produce
  - Green Mtn. Farms- Cream Cheese
  - Hood-Milk
  - Smith Farm Beef



# Breakfast in the Classroom



Mon., Sept. 4	Tues., Sept. 5	Wed., Sept. 6	Thurs., Sept. 7	Fri., Sept. 8
<b>Labor Day</b>	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Ham & Cheese Or Egg & Cheese Bagel Fresh Fruit Milk	Fruit Filled Muffin & Animal Crackers Fresh Fruit Milk	Whole Grain Breakfast Round Fresh Fruit Milk
Mon., Sept. 11	Tues., Sept. 12	Wed., Sept. 13	Thurs, Sept. 14	Fri., Sept. 15
Whole Grain French Toast Sticks Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Sausage & Cheese or Egg & Cheese Muffin Fresh Fruit Milk	Fruit Filled 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
Whole Grain French Toast Sticks Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Ham & Cheese Or Egg & Cheese Bagel Fresh Fruit Milk	Fruit Filled Muffin & Animal Crackers Fresh Fruit Milk	Whole Grain Breakfast Round Fresh Fruit Milk
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Whole Grain French Toast Sticks Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Sausage & Cheese or Egg & Cheese Muffin Fresh Fruit Milk	Fruit Filled Muffin & Animal Crackers Fresh Fruit Milk	Sausage Wrapped in Pancake Fresh Fruit Milk



Mary Hogan Elementary  
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	\$2.50	Adult Lunch	\$4.00
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>

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