



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



**Swanton Central School
Lunch**
August/September 201

	Tues., Aug. 29	Wed., Aug 30	Thurs., Aug 31	Fri., Sept. 1
Taste Test Event Thursday August 31 Featuring Tomatoes & Summer Squash	Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked French Fries Fresh Fruit & Veggie Bar	Taco Bar w/ Soft Shell Homemade Salsa w/Fresh Tomatoes Rice Pilaf Fresh Fruit & Veggie Bar	Taste Test Spaghetti w/ Meat or Marinara Sauce 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. 4	Tues., Sept. 5	Wed., Sept. 6	Thurs., Sept. 7	Fri., Sept. 8
Labor Day	Dress Your Own Hot Dog Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	Minestrone Soup Cheesy Breadsticks w/Marinara Fresh Fruit & Veggie Bar	Homemade Shepherd's Pie Baker's Hand Rolled Dinner Roll Roasted Zucchini Sticks Fresh Fruit & Veggie Bar	Birthday Celebration Slow Roasted BBQ Pork Sandwich Creamy Coleslaw Fresh Fruit & Veggie Bar
Mon., Sept. 11	Tues., Sept. 12	Wed., Sept. 13	Thurs, Sept. 14	Fri., Sept. 15
Meatball Sub Garden Pasta Salad Fresh Fruit & Veggie Bar	Creamy Macaroni & Cheese Homemade Cornbread Fresh Fruit & Veggie Bar	Open Face Buffalo Chicken Calzone Broccoli Salad Fresh Fruit & Veggie Bar	Oven Roasted Hot Turkey Sandwich Chef's Mashed Potato Fresh Fruit & Veggie Bar	Maple Apple French Toast Bake Local Maple Syrup Fresh Cut Sweet & White Home Fries Fresh Fruit & Veggie Bar
Mon., Sept. 18	Tues., Sept. 19	Wed., Sept. 20	Thurs, Sept. 21	Fri., Sept. 22
Oven Baked Chicken Nuggets w/Dipping Sauce Hand Cut Roasted Potato Wedges Fresh Fruit & Veggie Bar	Taco Bar w/ Soft Shell Homemade Salsa w/Fresh Tomatoes Fresh Fruit & Veggie Bar	Chicken Parm Flatbread Local Corn on the Cob Fresh Fruit & Veggie Bar	Homemade Goulash Garlic Breadstick Seasoned Summer Squash Fresh Fruit & Veggie Bar	Grilled Cheese Sandwich From Scratch Chicken Noodle Soup Fresh Fruit & Veggie Bar
Mon., Sept. 25	Tues., Sept. 26	Wed., Sept. 27	Thurs, Sept. 28	Fri., Sept. 29
Dress Your Own Burger Hand Cut French Fries Fresh Fruit & Veggie Bar	Chicken Fajitas w/Sautéed Onions & Peppers Rice Pilaf Fresh Fruit & Veggie Bar	Minestrone Soup Cheesy Breadsticks w/Marinara Fresh Fruit & Veggie Bar	Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	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 or Express or Grab & Go

Express Options:

Monday: Oven Baked Corn Dog
Tuesday: Chicken Nuggets
Wednesday: Cheeseburger
Thursday: Dress Your Own Hot Dog
Friday: Chicken Patty Sandwich

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

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

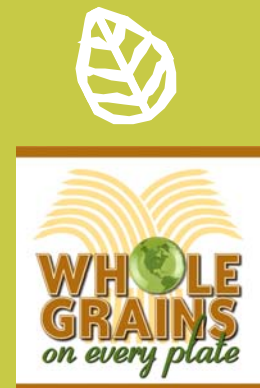
Prices

Breakfast	\$0.00	Lunch	\$2.45
Adult Breakfast	\$2.50	Adult Lunch	\$3.60
		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

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
Green Mtn. Farm Direct-Local Produce
Bergeron & Son's Produce





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Tues., Aug. 29

Yogurt
w/Home Made
Granola

Fresh Fruit
Milk

Wed., Aug 30

Assorted Cold
Cereal w/
Graham
Crackers
Fresh Fruit
Milk

Thurs., Aug 31

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept. 1

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit
Milk

Mon., Sept. 4

**Labor
Day**

Tues., Sept. 5

Yogurt
w/Home Made
Granola

Fresh Fruit
Milk

Wed., Sept. 6

Assorted Cold
Cereal w/
Graham
Crackers
Fresh Fruit
Milk

Thurs., Sept. 7

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept. 8

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit
Milk

Mon., Sept. 11

Whole Grain
Breakfast
Bar

Fresh Fruit
Milk

Tues., Sept. 12

Yogurt
w/Home Made
Granola

Fresh Fruit
Milk

Wed., Sept. 13

Assorted Cold
Cereal w/
Graham
Crackers
Fresh Fruit
Milk

Thurs, Sept. 14

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept. 15

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit
Milk

Mon., Sept. 18

Whole Grain
Breakfast
Bar

Fresh Fruit
Milk

Tues., Sept. 19

Yogurt
w/Home Made
Granola

Fresh Fruit
Milk

Wed., Sept. 20

Assorted Cold
Cereal w/
Graham
Crackers
Fresh Fruit
Milk

Thurs, Sept. 21

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept. 22

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit
Milk

Mon., Sept. 25

Whole Grain
Breakfast
Bar

Fresh Fruit
Milk

Tues., Sept. 26

Yogurt
w/Home Made
Granola

Fresh Fruit
Milk

Wed., Sept. 27

Assorted Cold
Cereal w/
Graham
Crackers
Fresh Fruit
Milk

Thurs, Sept. 28

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept. 29

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit
Milk



Swanton Central School Breakfast August/September 2017

**Breakfast Free to all
Students
100% Fruit Juice or Fresh
Fruit**

*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

Breakfast	\$0.00	Lunch	\$2.45
Adult Breakfast	\$2.50	Adult Lunch	\$3.60

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