



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



Maple Fest Week
3/19-3/23



St. Patrick's Day Meal
March 16, 2018



Castleton Elementary School
Lunch
March 2018

Mon., March 5

Dress Your Own Hot Dog
Garden Pasta Salad
Fresh Fruit & Veggie Bar

Tues., March 6

Dr. Seuss Birthday
Green Eggs & Ham Bake
Sweet & White Home Fries
Warm Biscuit
Fresh Fruit & Veggie Bar

Wed., March 7

Chef's Choice Pizzas
Pepperoni, Cheese or Veggie
Caesar Salad
Fresh Fruit & Veggie Bar

Thurs. March 8

Taste Test Event
Sloppy Joes
Roasted Sweet Potato Wedges
Fresh Fruit & Veggie Bar

Fri., March 9

BBQ Pork Sandwich
Creamy Coleslaw
Fresh Fruit & Veggie Bar

Mon. March 12

Chicken Patty Sandwich
Lettuce & Tomato
Oven Baked French Fries
Fresh Fruit & Veggie Bar

Tues. March 13

Nachos Supreme
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed. March 14

St. Patrick's Day Lunch
Luck of the Irish
Shepherd's Pie
Shamrock Maple Muffin
Fresh Fruit & Veggie Bar

Thur March 15

No School

Fri., March 16

No School

Mon. March 19

Maple Fest Week
Dress Your Own Burger
Maple Seasoned Parsnips
Fresh Fruit & Veggie Bar

Tues. March 20

Maple Fest Week
Taco Bar w/ Soft Shell Tortilla
Rice Pilaf
Maple Sundaes
Fresh Fruit & Veggie Bar

Wed March 21

Maple Fest Week
Chef's Choice Pizzas
Pepperoni, Cheese or Veggie
Maple Glazed Carrots
Fresh Fruit & Veggie Bar

Thurs March 22

Maple Fest Week
Creamy Macaroni & Cheese
Maple Muffin
Fresh Fruit & Veggie Bar

Fri., March 23

Maple Fest Week
Pancakes w/ Local Maple Syrup
Sausage Links
Sweet & White Home Fries
Fresh Fruit & Veggie Bar

Mon. March 26

Meatball Sub
Baked Potato w/Toppings
Fresh Fruit & Veggie Bar

Tues. March 27

Chicken Fajitas w/Onions & Peppers
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed. March 28

Birthday Celebration
Chef's Choice Pizzas
Pepperoni, Cheese or Veggie
Caesar Salad
Fresh Fruit & Veggie Bar

Thurs March 29

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

Fri., March 30

General Tso's Chicken served Over Rice
Steamed Broccoli Dinner Roll
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

Taste Test Event
Thursday
March 8, 2018

Featuring
Maple

Harvest of the Month
March
Maple



Prices

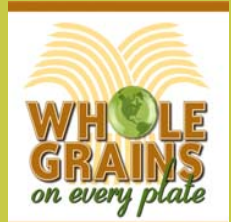
Breakfast	\$1.50	Lunch	\$2.70
Adult Breakfast	\$2.50	Adult Lunch	\$3.75
	Milk \$.50		

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

Local Products Used when available

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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Mon., March 5

Whole Grain
French Toast
Sticks

Fresh Fruit

Milk

Tues., March 6

Egg & Cheese
Biscuit

Fresh Fruit

Milk

Wed., March 7

Scrambled
Egg & Cheese
Wrap

Fresh Fruit

Milk

Thurs. March 8

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit

Milk

Fri., March 9

Whole Grain
Fruit Filled
Muffin w/
Cheese Stick
Fresh Fruit

Milk

Mon. March 12

Whole Grain
French Toast
Sticks

Fresh Fruit

Milk

Tues. March 13

Egg & Cheese
Biscuit

Fresh Fruit

Milk

Wed. March 14

Scrambled
Egg & Cheese
Wrap

Fresh Fruit

Milk

Thur March 15

**No
School**

Fri., March 16

**No
School**

Mon. March 19

Whole Grain
French Toast
Sticks

Fresh Fruit

Milk

Tues. March 20

Egg & Cheese
Biscuit

Fresh Fruit

Milk

Wed March 21

Scrambled
Egg & Cheese
Wrap

Fresh Fruit

Milk

Thurs March 22

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit

Milk

Fri., March 23

Whole Grain
Fruit Filled
Muffin w/
Cheese Stick
Fresh Fruit

Milk

Mon. March 26

Whole Grain
French Toast
Sticks

Fresh Fruit

Milk

Tues. March 27

Egg & Cheese
Biscuit

Fresh Fruit

Milk

Wed. March 28

Scrambled
Egg & Cheese
Wrap

Fresh Fruit

Milk

Thurs March 29

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit

Milk

Fri., March 30

Whole Grain
Fruit Filled
Muffin w/
Cheese Stick
Fresh Fruit

Milk

Thurs. March 1

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit

Milk

Fri., March 2

Whole Grain
Fruit Filled
Muffin w/
Cheese Stick
Fresh Fruit

Milk



Castleton Elementary School Breakfast March 2018

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 our School Meal Program?

Please contact The
Abbey Group Vice
President of
Operations
Scott Choiniere

scott@abbeygroup.net



Prices

Breakfast	\$1.50	Lunch	\$2.70
Adult Breakfast	\$2.50	Adult Lunch	\$3.75

Milk \$.50

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National School Breakfast Week March 5-9, 2018

