



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





Castleton Elementary 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 Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked French Fries Fresh Fruit & Veggie Bar	Taste Test Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	Pancakes w/ <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar
Mon., Sept. 11	Tues., Sept. 12	Wed., Sept. 6	Thurs., Sept. 7	Fri., Sept. 8
Meatball Sub Garden Pasta Salad Fresh Fruit & Veggie Bar	Creamy Macaroni & Cheese Homemade Cornbread 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	Birth Day Celebration Slow Roasted BBQ Pork Sandwich Creamy Coleslaw 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 Hand Cut Roasted Potato Wedges Fresh Fruit & Veggie Bar	Taco Bar w/ Soft Shell <i>Homemade Salsa w/Fresh Tomatoes</i> Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie <u>Zucchini Parmesan</u> Fresh Fruit & Veggie Bar	Oven Roasted Hot Turkey Sandwich Chef's Mashed Potato Fresh Fruit & Veggie Bar	Maple Apple French Toast Bake <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Fresh Fruit & Veggie Bar
Mon., Sept. 25	Tues., Sept. 26	Wed., Sept. 20	Thurs., Sept. 21	Fri., Sept. 22
Dress Your Own Burger Hand Cut French Fries Fresh Fruit & Veggie Bar	Chicken Fajitas w/Sauteed Onions & Peppers Rice Pilaf Steamed Corn Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie <i>Local Corn on the Cob</i> 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/Sauteed Onions & Peppers Rice Pilaf Steamed Corn Fresh Fruit & Veggie Bar	Early Release Chef's Choice Pizzas Pepperoni, Cheese or Veggie Veggie Sticks Fresh Fruit Milk	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
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

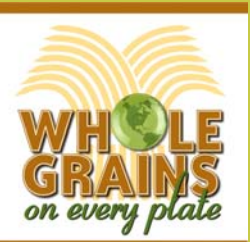
Prices

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 Elementary 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

Breakfast	\$1.50	Lunch	\$2.70
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?

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You can download an application or see what we have available through Careerbuilder.

<http://www.abbeygroup.net/careers.php>

