



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



**Christ the King School
Lunch**
August/September 2017

**Taste Test
Event
Wednesday
Sept. 6**

Featuring
Tomatoes
& Summer Squash

Mon., Sept. 4

**Labor
Day**

Tues., Sept. 5

Dress Your Own
Hot Dog

Roasted Sweet
Potato Wedges

Fresh Fruit &
Veggie Bar

Wed., Sept. 6

Taste Test
Spaghetti w/
Meat or Marinara
Sauce

Garlic Breadstick

Fresh Fruit &
Veggie Bar

Thurs., Sept. 7

Minestrone Soup

Cheesy
Breadsticks
w/Marinara

Fresh Fruit &
Veggie Bar

Fri., Sept. 8

**Birthday
Celebration**
Slow Roasted
BBQ Pork
Sandwich

Creamy Coleslaw

Fresh Fruit &
Veggie Bar

Mon., Sept. 11

Meatball
Sub

Garden Pasta
Salad

Fresh Fruit &
Veggie Bar

Tues., Sept. 12

Creamy
Macaroni &
Cheese

Homemade
Cornbread

Fresh Fruit &
Veggie Bar

Wed., Sept. 13

Oven Roasted
Hot Turkey
Sandwich

Chef's Mashed
Potato

Fresh Fruit &
Veggie Bar

Thurs, Sept. 14

Chef's Choice
Pizzas

Pepperoni, Cheese
or Veggie

Zucchini Parmesan

Fresh Fruit &
Veggie Bar

Fri., Sept. 15

**Maple Apple
French Toast
Bake**

Local Maple Syrup

Fresh Cut Sweet &
White Home Fries

Fresh Fruit &
Veggie Bar

Mon., Sept. 18

Oven Baked
Chicken Nuggets
w/Dipping Sauce

Hand Cut Roasted
Potato Wedges

Fresh Fruit &
Veggie Bar

Tues., Sept. 19

Taco Bar w/
Soft Shell

*Homemade Salsa
w/Fresh Tomatoes*

Fresh Fruit &
Veggie Bar

Wed., Sept. 20

Homemade
Goulash

Garlic Breadstick

Seasoned
Summer Squash

Fresh Fruit &
Veggie Bar

Thurs, Sept. 21

Chef's Choice
Pizzas

Pepperoni, Cheese
or Veggie

*Local Corn on the
Cob*

Fresh Fruit &
Veggie Bar

Fri., Sept. 22

Grilled Cheese
Sandwich

From Scratch
Chicken Noodle
Soup

Fresh Fruit &
Veggie Bar

Mon., Sept. 25

Dress Your Own
Burger

Hand Cut
French Fries

Fresh Fruit &
Veggie Bar

Tues., Sept. 26

Chicken Fajitas
w/Sauteed Onions &
Peppers

Rice Pilaf

Fresh Fruit &
Veggie Bar

Wed., Sept. 27

Spaghetti w/
Meat or Marinara
Sauce

Garlic
Breadstick

Fresh Fruit &
Veggie Bar

Thurs, Sept. 28

Minestrone Soup

Cheesy
Breadsticks
w/Marinara

Fresh Fruit &
Veggie Bar

Fri., Sept. 29

Pork Fried Rice

Steamed
Broccoli

Dinner Roll

Fortune Cookie

Fresh Fruit &
Veggie Bar

Daily Lunch Offerings:

Main Meal or
Deli Sandwich

Offered with all Meals

**Fresh Fruit & Veggie Bar &
Vegetable Soup**

**Hood Milk: Skim, 1% white or
Fat-Free Chocolate**

Deli Menu

Monday: Turkey & Cheese Sandwich
Tuesday: Ham & Cheese Sandwich
Wednesday: Turkey & Cheese Sand-
wich
Thursday: Chicken Salad Sandwich
Friday: Turkey & Cheese Sandwich

Prices

Lunch \$3.50

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
Green Mtn. Farm Direct-Local Produce



**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

