



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



**Christ the King School
Lunch**
August/September 2018



Wed., Aug. 29

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

Thurs., Aug. 30

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

Fri., Aug. 31

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

Mon., Sept. 3

No School Labor Day

Tues., Sept. 4

Cape Cod Crusted Fish & Chips
(French Fries)
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed., Sept. 5

Cheesy Ravioli Bake
Baker's Pride Garlic Breadstick
Fresh Fruit & Veggie Bar

Thurs., Sept. 6

Chef's Choice Pizzas
Pepperoni, Cheese or Veggie
Zucchini Parmesan
Fresh Fruit & Veggie Bar

Fri., Sept. 7

Birthday Celebration
Slow Roasted BBQ Pork Sandwich
Creamy Coleslaw
Fresh Fruit & Veggie Bar

Mon., Sept. 10

Meatball Sub
French Fries
Corn on the Cob
Fresh Fruit & Veggie Bar

Tues., Sept. 11

Taste Test Event
Nachos w/ The Works
(Ground Beef, Tortilla Chips, Homemade Cheese Sauce & Salsa)
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed., Sept. 12

Creamy Macaroni & Cheese
Homemade Cornbread
Fresh Fruit & Veggie Bar

Thurs, Sept. 13

Cheesy Breadsticks w/Marinara
Chicken Noodle Soup
Fresh Fruit & Veggie Bar

Fri., Sept. 14

Maple Apple French Toast Bake
Local Maple Syrup
Fresh Cut Sweet & White Home Fries
Twin Sausage Links
Fresh Fruit & Veggie Bar

Mon., Sept. 17

Oven Baked Chicken Nuggets w/Dipping Sauce
Roasted Sweet Potato Wedges
Fresh Fruit & Veggie Bar

Tues., Sept. 18

Taco Bar w/ Soft Shell
Homemade Salsa w/Fresh Tomatoes
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed., Sept. 19

Shepherd's Pie (Hamburger, Corn & Mashed Potato)
Dinner Roll
Fresh Fruit & Veggie Bar

Thurs, Sept. 20

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

Fri., Sept. 21

Grilled Cheese Sandwich
From Scratch Creamy Tomato Soup
Fresh Fruit & Veggie Bar

Mon., Sept. 24

Dress Your Own Burger
Hand Cut French Fries
Fresh Fruit & Veggie Bar

Tues., Sept. 25

Chicken & Cheese Quesadilla w/Salsa
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed., Sept. 26

Spaghetti w/ Homemade Meat Sauce
Baker's Pride Garlic Breadstick
Fresh Fruit & Veggie Bar

Thurs, Sept. 27

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

Fri., Sept. 28

Hearty Chicken & Biscuits
Steamed Peas
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 Sandwich
Thursday: Chicken Salad Sandwich
Friday: Turkey & Cheese Sandwich

Taste Test Event
Thursday
September 11, 2018

Featuring Tomatoes

Harvest of the Month



August
Tomatoes

September
Summer Squash



Prices

Student Lunch \$3.50
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

NORTH COAST SEAFOODS



Chef's Catch



New Local Product: North Coast Seafood

The Abbey Group is proud to announce our Sea to School program. We have contracted with North Coast Seafood in Boston MA. A great third generation family run business. The fishermen are catching GMRI Certified Sustainable Wild Acadian Redfish, locally in the Gulf of Maine. Each fish is caught individually with line and hook. North Coast Seafood fillets the fish, debones the fish, and then breads the fish with low fat Cape Cod breading. This is a whole muscle kid friendly healthy product. We are excited to menu this restaurant quality product and support local business in New England.