



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



**Tues., Aug. 28**

Welcome Back BBQ  
Grilled Hamburger's & Hot Dogs  
Potato Salad  
Macaroni Salad  
Chilled Watermelon  
Ice Cream  
Novelties & Milk

**Wed., Aug. 29**

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

**Thurs., Aug. 30**

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

**Fri., Aug. 31**

**No School**

**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**

Cheeseburger Flatbread  
Zucchini  
Parmesan  
Fresh Fruit & Veggie Bar

**Thurs., Sept. 6**

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

**Fri., Sept. 7**

**Birthday Celebration**  
Slow Roasted BBQ Pork Sandwich  
Corn on the Cob  
Fresh Fruit & Veggie Bar

**Mon., Sept. 10**

Meatball Sub  
Baked Potato w/Toppings  
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**

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

**Thurs, Sept. 13**

Creamy Macaroni & Cheese  
Homemade Cornbread  
Fresh Fruit & Veggie Bar

**Fri., Sept. 14**

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

**Mon., Sept. 17**

Seasoned Chicken Breast Tenders w/Dipping Sauce  
Roasted Sweet Potato Wedges  
Dinner Roll  
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**

Homemade Goulash  
Baker's Pride  
Garlic Breadsticks  
Fresh Fruit & Veggie Bar

**Thurs, Sept. 20**

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

**Fri., Sept. 21**

Grilled Ham & Cheese Sandwich  
Cheddar Broccoli Soup  
Fresh Fruit & Veggie Bar

**Mon., Sept. 24**

Philly Steak & Cheese Sub w/Sautéed Onions & Peppers  
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**

Sloppy Joe  
Garden Pasta Salad  
Fresh Fruit & Veggie Bar

**Thurs, Sept. 27**

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

**Fri., Sept. 28**

Hearty Chicken & Biscuits  
Steamed Peas  
Fresh Fruit & Veggie Bar



**Colebrook Academy Lunch**  
August/September 2018

**Daily Lunch Offerings:**  
Main Meal or  
Deli Sandwich or  
Pizza

**Offered with all Meals**  
**Fresh Fruit & Veggie Bar**  
Fresh Fruit  
(Full cup offered daily)  
**Hood Milk: Skim, 1% white or Fat-Free Chocolate**

**Taste Test Event**  
Tuesday  
September 11, 2018

Featuring  
Broccoli

**Harvest of the Month**



**August**  
Tomatoes

**September**  
Broccoli/Cauliflower



**Prices**

Breakfast	\$1.60	Lunch	\$2.90
Reduced	\$0.30		\$0.40
Adult Breakfast	\$2.00	Adult Lunch	\$3.85
	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.



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Tues., Aug. 28

Oven Baked  
Twin Cinnamon  
Rolls  
  
Fresh Fruit  
  
Milk

Wed., Aug. 29

Whole Grain  
Honey Bun  
  
Fresh Fruit  
  
Milk

Thurs., Aug 30

Fruit Filled  
Muffin w/  
Cheese Stick  
  
Fresh Fruit  
  
Milk

Fri., Aug 31

**No  
School**

Mon., Sept 3

**No  
School  
Labor  
Day**

Tues., Sept 4

Oven Baked  
Twin Cinnamon  
Rolls  
  
Fresh Fruit  
  
Milk

Wed., Sept 5

Whole Grain  
Honey Bun  
  
Fresh Fruit  
  
Milk

Thurs., Sept. 6

Fruit Filled  
Muffin w/  
Cheese Stick  
  
Fresh Fruit  
  
Milk

Fri., Sept. 7

Ham & Cheese  
Bagel  
  
Fresh Fruit  
  
Milk

Mon., Sept 10

Whole Grain  
French Toast  
Sticks  
  
Fresh Fruit  
  
Milk

Tues., Sept 11

Oven Baked  
Twin Cinnamon  
Rolls  
  
Fresh Fruit  
  
Milk

Wed., Sept 12

Whole Grain  
Honey Bun  
  
Fresh Fruit  
  
Milk

Thurs, Sept 13

Fruit Filled  
Muffin w/  
Cheese Stick  
  
Fresh Fruit  
  
Milk

Fri., Sept 14

Sausage &  
Cheese Muffin  
  
Fresh Fruit  
  
Milk

Mon., Sept 17

Whole Grain  
French Toast  
Sticks  
  
Fresh Fruit  
  
Milk

Tues., Sept 18

Oven Baked  
Twin Cinnamon  
Rolls  
  
Fresh Fruit  
  
Milk

Wed., Sept 19

Whole Grain  
Honey Bun  
  
Fresh Fruit  
  
Milk

Thurs, Sept 20

Fruit Filled  
Muffin w/  
Cheese Stick  
  
Fresh Fruit  
  
Milk

Fri., Sept 21

Ham & Cheese  
Bagel  
  
Fresh Fruit  
  
Milk

Mon., Sept 24

Whole Grain  
French Toast  
Sticks  
  
Fresh Fruit  
  
Milk

Tues., Sept 25

Oven Baked  
Twin Cinnamon  
Rolls  
  
Fresh Fruit  
  
Milk

Wed., Sept 26

Whole Grain  
Honey Bun  
  
Fresh Fruit  
  
Milk

Thurs, Sept 27

Fruit Filled  
Muffin w/  
Cheese Stick  
  
Fresh Fruit  
  
Milk

Fri., Sept 28

Ham & Cheese  
Bagel  
  
Fresh Fruit  
  
Milk



**Colebrook Academy  
Breakfast**  
August/September 2018

## DAILY BREAKFAST OPTIONS

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 \$1.60  
Reduced \$ .30

Lunch \$2.90  
\$ .40

Adult  
Breakfast \$2.00

Adult  
Lunch \$3.85

Milk \$.50

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