



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



**Fair Haven Grade School
Lunch**
August/September 2018





Mon., Sept. 3 No School Labor Day	Tues., Sept. 4 Cape Cod Crusted Fish & Chips (French Fries) Rice Pilaf Fresh Fruit & Veggie Bar	Wed., Aug. 29 Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked French Fries Fresh Fruit & Veggie Bar	Thurs., Aug. 30 Spaghetti w/ Homemade Meat Sauce Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar	Fri., Aug. 31 Pancakes w/ <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar
Mon., Sept. 10 Oven Baked BBQ Chicken Hand Cut French Fries Corn on the Cob Dinner Roll 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. 5 Cheeseburger Flatbread <u>Zucchini</u> <u>Parmesan</u> Fresh Fruit & Veggie Bar	Thurs., Sept. 6 Cheesy Ravioli Bake Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar	Fri., Sept. 7 Birthday Celebration Slow Roasted BBQ Pork Sandwich Creamy Coleslaw 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 <i>Homemade Salsa w/Fresh Tomatoes</i> 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 French Toast <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Twin Sausage Links Fresh Fruit & Veggie Bar
Mon., Sept. 24 Spaghetti w/ Homemade Meat Sauce Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar	Tues., Sept. 25 Chicken & Cheese Quesadilla w/Salsa Rice Pilaf Fresh Fruit & Veggie Bar	Wed., Sept. 19 Homemade Goulash Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar	Thurs., Sept. 20 Shepherd's Pie (Hamburger, Corn & Mashed Potato) Dinner Roll Fresh Fruit & Veggie Bar	Fri., Sept. 21 Early Release Dress Your Own Burger Hand Cut French Fries Fresh Fruit & Veggie Bar
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Taste Test Event
Thursday
September 11, 2018

Featuring
Tomatoes

Daily Lunch Offerings:
Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich or Express or
Pizza or Salad Bar

Offered with all Meals
Fresh Fruit & Veggie Bar & Vegetable Soup
Hood Milk: Skim, 1% white or Fat-Free Chocolate
Express Menu
Monday: Chicken Patty Sandwich
Tuesday: Hamburger Deluxe
Wednesday: Chicken Nuggets
Thursday: Meatball Sub
Friday: Hot Dogs

Harvest of the Month

August
Tomatoes
September
Summer Squash


Prices

Breakfast	\$1.50	Lunch	\$2.80
Adult Breakfast	\$2.60	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



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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**Fair Haven Grade School
Breakfast**
August/September 2018



Mon., Sept 3	Tues., Sept 4	Wed., Sept 5	Thurs., Sept 6	Fri., Sept 7
No School Labor Day	Sausage & Cheese English Muffin Fresh Fruit Milk	Oven Baked Cinnamon Bun Fresh Fruit Milk	Cereal w/ 1/2 English Muffin Fresh Fruit Milk	French Toast Sticks Fresh Fruit Milk
Mon., Sept 10	Tues., Sept 11	Wed., Sept 12	Thurs., Sept 13	Fri., Sept 14
Pancakes w/ Syrup Fresh Fruit Milk	Sausage & Cheese English Muffin Fresh Fruit Milk	Oven Baked Cinnamon Bun Fresh Fruit Milk	Cereal w/ 1/2 English Muffin Fresh Fruit Milk	French Toast Sticks Fresh Fruit Milk
Mon., Sept 17	Tues., Sept 18	Wed., Sept 19	Thurs., Sept 20	Fri., Sept 21
Pancakes w/ Syrup Fresh Fruit Milk	Sausage & Cheese English Muffin Fresh Fruit Milk	Oven Baked Cinnamon Bun Fresh Fruit Milk	Cereal w/ 1/2 English Muffin Fresh Fruit Milk	Early Release French Toast Sticks Fresh Fruit Milk
Mon., Sept 24	Tues., Sept 25	Wed., Sept 26	Thurs., Sept 27	Fri., Sept 28
Pancakes w/ Syrup Fresh Fruit Milk	Sausage & Cheese English Muffin Fresh Fruit Milk	Oven Baked Cinnamon Bun Fresh Fruit Milk	Cereal w/ 1/2 English Muffin Fresh Fruit Milk	French Toast Sticks Fresh Fruit Milk

**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	\$1.50	Lunch	\$2.80
Adult Breakfast	\$2.60	Adult Lunch	\$3.75
	Milk \$0.50		

**Pay for meals on-line
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Looking for a job that lets you be at home when your family needs you there?

Come Join our Team!! Go to the link below.

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

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

