



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



**Fair Haven Grade School
Lunch
October 2017**

Mon., Oct. 2	Tues., Oct. 3	Wed., Oct. 4	Thurs., Oct. 5	Fri., Oct. 6
Oven Baked Fish Sticks Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	Taco Bar Hard or Soft Shell Rice Pilaf Fresh Fruit & Veggie Bar	Layered Chicken Bowl (Mashed Potato, Corn, Chicken Nuggets, Gravy) Garlic Breadstick Fresh Fruit & Veggie Bar	Cheesy Ravioli Bake Garlic Breadstick Fresh Fruit & Veggie Bar	BBQ Pork Sandwich Creamy Coleslaw Fresh Fruit & Veggie Bar
Mon., Oct. 9	Tues., Oct. 10	Wed., Oct. 11	Thurs., Oct. 12	Fri., Oct. 13
Dress Your Own Hot Dog Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	Taste Test Beef Nachos Supreme Spanish Rice Fresh Fruit & Veggie Bar	Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked French Fries Fresh Fruit & Veggie Bar	Oven Baked BBQ Chicken Garden Pasta Salad Kale Chips Dinner Roll Fresh Fruit & Veggie Bar	Pancakes w/ <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar
Mon., Oct. 16	Tues., Oct. 17	Wed., Oct. 18	Thurs., Oct. 19	Fri., Oct. 20
Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	Harvest Fest Shepherd's Pie w/Local Potatoes Roasted Local Root Vegetables Dinner Roll Harvest Desert Fruit & Veg Bar	Minestrone Soup w/Fresh Kale Cheesy Breadsticks w/Marinara Fresh Fruit & Veggie Bar	Early Release Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked French Fries Fresh Carrot Sticks	No School
Mon., Oct. 23	Tues., Oct. 24	Wed., Oct. 25	Thurs., Oct. 26	Fri., Oct. 27
Meatball Sub Kale Pesto Pasta Fresh Fruit & Veggie Bar	Birthday Celebration Creamy Macaroni & Cheese Cornbread Fresh Fruit & Veggie Bar	Steak & Cheese Flatbread Local Corn on the Cob Fresh Fruit & Veggie Bar	Oven Roasted Hot Turkey Sandwich Chef's Mashed Potato Fresh Fruit & Veggie Bar	Grilled Cheese Sandwich From Scratch Chicken Noodle Soup Fresh Fruit & Veggie Bar
Mon., Oct. 30	Tues., Oct. 31			
Dress Your Own Burger Hand Cut French Fries Fresh Fruit & Veggie Bar	Oven Baked BBQ Chicken Rice Pilaf Dinner Roll Fresh Fruit & Veggie Bar			

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

Taste Test Event
Tuesday
October 10, 2017

Featuring
Kale Chips

**Harvest of
the Month
October
Kale**



Prices

Breakfast	\$1.50	Lunch	\$2.70
Adult Breakfast	\$2.50	Adult Lunch	\$3.75

Milk \$.50

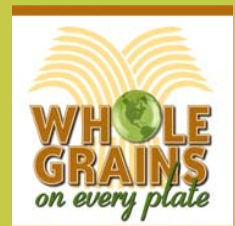
Pay for meals on-line
For free on-line service go to
<http://www.abbeygroup.net>
Search for Your School and Click the
K12 Payment Center link

Local Products Used
when available



**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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Mon., Oct. 2	Tues., Oct. 3	Wed., Oct. 4	Thurs., Oct. 5	Fri., Oct. 6
Whole Grain Pancakes w/ Syrup Fresh Fruit Milk	Sausage & Cheese English Muffin Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Cereal w/ 1/2 English Muffin Fresh Fruit Milk	Whole Grain French Toast Sticks Fresh Fruit Milk
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Whole Grain Pancakes w/ Syrup Fresh Fruit Milk	Sausage & Cheese English Muffin Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Early Release Cereal w/ 1/2 English Muffin Fresh Fruit Milk	No School
Mon., Oct. 23	Tues., Oct. 24	Wed., Oct. 25	Thurs., Oct. 26	Fri., Oct. 27
Whole Grain Pancakes w/ Syrup Fresh Fruit Milk	Sausage & Cheese English Muffin Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Cereal w/ 1/2 English Muffin Fresh Fruit Milk	Whole Grain French Toast Sticks Fresh Fruit Milk
Mon., Oct. 30	Tues., Oct. 31			
Whole Grain Pancakes w/ Syrup Fresh Fruit Milk	Sausage & Cheese English Muffin Fresh Fruit Milk			



Fair Haven Grade School Breakfast October 2017

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	\$2.70
Adult Breakfast	\$2.50	Adult Lunch	\$3.75

Milk \$.50

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