



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



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
Creamy Coleslaw
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. 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
From Scratch Creamy Tomato 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

Wed., Aug. 29

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

Thurs., Aug. 30

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

Fri., Aug. 31

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



Leland & Gray High School Lunch
August/September 2018

Daily Lunch Offerings:

Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich or
Pizza Or Express

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

Taste Test Event
Thursday
September 11, 2018

Featuring
Tomatoes

Harvest of the Month



August
Tomatoes

September
Summer Squash



Prices

Breakfast \$1.75	Lunch \$2.90
Adult Breakfast \$2.75	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.



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Wed., Aug. 29

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Aug 30

Homemade Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk

Fri., Aug 31

Sausage & Cheese Muffin
Fresh Fruit
Milk

Mon., Sept 3

No School Labor Day

Tues., Sept 4

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept 5

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Sept 6

Homemade Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk

Fri., Sept 7

Sausage & Cheese Muffin
Fresh Fruit
Milk

Mon., Sept 10

Fluffy Pancakes w/Syrup
Fresh Fruit
Milk

Tues., Sept 11

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept 12

Early Release
Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs, Sept 13

Homemade Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk

Fri., Sept 14

Sausage & Cheese Muffin
Fresh Fruit
Milk

Mon., Sept 17

Fluffy Pancakes w/Syrup
Fresh Fruit
Milk

Tues., Sept 18

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept 19

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs, Sept 20

Homemade Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk

Fri., Sept 21

Sausage & Cheese Muffin
Fresh Fruit
Milk

Mon., Sept 24

Fluffy Pancakes w/Syrup
Fresh Fruit
Milk

Tues., Sept 25

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept 26

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs, Sept 27

Homemade Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk

Fri., Sept 28

Sausage & Cheese Muffin
Fresh Fruit
Milk



Leland & Gray High School 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

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Adult Breakfast \$2.75	Adult Lunch \$4.00
Milk \$.50	

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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>

