



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



**Leland & Gray High School  
Lunch**  
August/September 2017

**Taste Test  
Event  
Thursday  
August 31**

Featuring  
Tomatoes  
& Summer Squash



**Wed., Aug 30**

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

**Thurs., Aug 31**

**Taste Test**  
Spaghetti w/  
Meat or Marinara  
Sauce  
Garlic Breadstick  
Fresh Fruit &  
Veggie Bar

**Fri., Sept. 1**

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

**Mon., Sept. 4**

**Labor  
Day**

**Tues., Sept. 5**

Pig in a Blanket  
(Hot Dog Wrapped in  
Dough)  
Roasted Fresh  
Sweet Potato  
Wedges  
Fresh Fruit &  
Veggie Bar

**Wed., Sept. 6**

**Minestrone Soup**  
Cheesy  
Breadsticks  
w/Marinara  
Fresh Fruit &  
Veggie Bar

**Thurs., Sept. 7**

Homemade  
Shepherd's Pie  
Baker's Hand  
Rolled Dinner Roll  
**Roasted Zucchini  
Sticks**  
Fresh Fruit &  
Veggie Bar

**Fri., Sept. 8**

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

**Mon., Sept. 11**

Meatball  
Sub  
Garden Pasta  
Salad  
Fresh Fruit &  
Veggie Bar

**Tues., Sept. 12**

Creamy  
Macaroni &  
Cheese  
Homemade  
Cornbread  
Fresh Fruit &  
Veggie Bar

**Wed., Sept. 13**

Steak & Cheese  
Flatbread  
**Zucchini  
Parmesan**  
Fresh Fruit &  
Veggie Bar

**Thurs, Sept. 14**

Oven Roasted  
Hot Turkey  
Sandwich  
Chef's Mashed  
Potato  
Fresh Fruit &  
Veggie Bar

**Fri., Sept. 15**

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

**Mon., Sept. 18**

Seasoned Chicken  
Breast Tenders  
w/Dipping Sauce  
Hand Cut Roasted  
Potato Wedges  
Fresh Fruit &  
Veggie Bar

**Tues., Sept. 19**

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

**Wed., Sept. 20**

Chipotle Chicken  
& Cheese  
Flatbread Melt  
**Local Corn  
on the Cob**  
Fresh Fruit &  
Veggie Bar

**Thurs, Sept. 21**

Homemade  
Goulash  
Garlic Breadstick  
**Seasoned  
Summer Squash**  
Fresh Fruit &  
Veggie Bar

**Fri., Sept. 22**

Grilled Ham &  
Cheese Sandwich  
From Scratch  
Chicken Noodle  
Soup  
Fresh Fruit &  
Veggie Bar

**Mon., Sept. 25**

Philly Steak &  
Cheese Sub  
w/Sautéed Onions &  
Peppers  
Hand Cut  
French Fries  
Fresh Fruit &  
Veggie Bar

**Tues., Sept. 26**

Chicken Fajitas  
w/Sautéed Onions &  
Peppers  
Rice Pilaf  
Fresh Fruit &  
Veggie Bar

**Wed., Sept. 27**

**Minestrone Soup**  
Cheesy  
Breadsticks  
w/Marinara  
Fresh Fruit &  
Veggie Bar

**Thurs, Sept. 28**

Spaghetti w/  
Meat or Marinara  
Sauce  
Garlic  
Breadstick  
Fresh Fruit &  
Veggie Bar

**Fri., Sept. 29**

Pork Fried Rice  
Steamed  
Broccoli  
Dinner Roll  
Fortune Cookie  
Fresh Fruit &  
Veggie Bar

**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**

**Harvest of the  
Month**



**August**  
Tomatoes

**September**  
Summer Squash



Local Products Used  
when available

*Items in bold and  
italicized are  
Local Products*

**Items in Bold and  
Underlined are  
Harvest of the  
Month & Feed Items**

All items in Bold are  
Recipes from the  
New School Cuisine  
Cookbook created  
by  
Vermont FEED

**Prices**

Breakfast \$1.75	Lunch \$2.85
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**

**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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# BACK TO SCHOOL

Wed., Aug 30

Scrambled Egg & Cheese Wrap  
Fresh Fruit  
Milk

Thurs., Aug 31

Healthy Whole Grain Breakfast Round  
Fresh Fruit  
Milk

Fri., Sept. 1

Sausage & Cheese Muffin  
Fresh Fruit  
Milk

Mon., Sept. 4

**Labor Day**

Tues., Sept. 5

Whole Grain Cinnamon Roll  
Fresh Fruit  
Milk

Wed., Sept. 6

Scrambled Egg & Cheese Wrap  
Fresh Fruit  
Milk

Thurs., Sept. 7

Homemade Fruit Filled Muffin w/ Cheese Stick  
Fresh Fruit  
Milk

Fri., Sept. 8

Sausage & Cheese Muffin  
Fresh Fruit  
Milk

Mon., Sept. 11

Homemade Pancakes w/Syrup  
Fresh Fruit  
Milk

Tues., Sept. 12

Whole Grain Cinnamon Roll  
Fresh Fruit  
Milk

Wed., Sept. 13

Scrambled Egg & Cheese Wrap  
Fresh Fruit  
Milk

Thurs, Sept. 14

Healthy Whole Grain Breakfast Round  
Fresh Fruit  
Milk

Fri., Sept. 15

Sausage & Cheese Muffin  
Fresh Fruit  
Milk

Mon., Sept. 18

Whole Grain French Toast Sticks  
Fresh Fruit  
Milk

Tues., Sept. 19

Whole Grain Cinnamon Roll  
Fresh Fruit  
Milk

Wed., Sept. 20

Scrambled Egg & Cheese Wrap  
Fresh Fruit  
Milk

Thurs, Sept. 21

Homemade Fruit Filled Muffin w/ Cheese Stick  
Fresh Fruit  
Milk

Fri., Sept. 22

Sausage & Cheese Muffin  
Fresh Fruit  
Milk

Mon., Sept. 25

Homemade Pancakes w/Syrup  
Fresh Fruit  
Milk

Tues., Sept. 26

Whole Grain Cinnamon Roll  
Fresh Fruit  
Milk

Wed., Sept. 27

Scrambled Egg & Cheese Wrap  
Fresh Fruit  
Milk

Thurs, Sept. 28

Healthy Whole Grain Breakfast Round  
Fresh Fruit  
Milk

Fri., Sept. 29

Sausage & Cheese Muffin  
Fresh Fruit  
Milk



## Leland & Gray High School Breakfast August/September 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 \$1.75	Lunch \$2.85
Adult Breakfast \$2.50	Adult Lunch \$3.75
Milk \$.50	

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

