



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



**Lothrop Elementary 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	Chef's Choice Pizzas Pepperoni, Cheese or Veggie <b>Broccoli Salad</b> 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
Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked French Fries Fresh Fruit & Veggie Bar	<b>Taste Test</b> Beef Nachos Supreme Spanish Rice Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie <b>Kale Chips</b> Fresh Fruit & Veggie Bar	Oven Baked BBQ Chicken Garden Pasta Salad 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
Dress Your Own Hot Dog Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	<b>Harvest Fest</b> Shepherd's Pie w/Local Potatoes Roasted Local Root Vegetables Dinner Roll Harvest Desert Fruit & Veg Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie <b>Broccoli Salad</b> Fresh Fruit & Veggie Bar	Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	<b>No School</b>
Mon., Oct. 23	Tues., Oct. 24	Wed., Oct. 25	Thurs., Oct. 26	Fri., Oct. 27
Meatball Sub <b>Kale Pesto Pasta</b> Fresh Fruit & Veggie Bar	<b>Birthday Celebration</b> Creamy Macaroni & Cheese Cornbread Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie <i>Local Corn on the Cob</i> 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  
Offered with all Meals  
Fresh Fruit & Veggie Bar &  
Vegetable Soup  
Hood Milk: Skim, 1%  
white or  
Fat-Free Chocolate**

**Taste Test Event  
Tuesday  
October 10, 2017  
Featuring  
Kale Chips**

**Harvest of  
the Month  
October  
Kale**



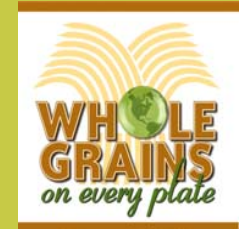
**Prices**

Breakfast	\$1.75	Lunch	\$2.40
Adult Breakfast	\$2.75	Adult Lunch	\$4.10
		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 French Toast Sticks Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Sausage Wrapped w/ Pancake Fresh Fruit Milk
Mon., Oct. 9	Tues., Oct. 10	Wed., Oct. 11	Thurs., Oct. 12	Fri., Oct. 13
Whole Grain French Toast Sticks Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Ham & Cheese Bagel Fresh Fruit Milk
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Mon., Oct. 30	Tues., Oct. 31			
Whole Grain French Toast Sticks Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk			



## Lothrop Elementary 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

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Adult Breakfast	\$2.75	Adult Lunch	\$4.10

Milk \$.50

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