



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



**8-30 First Day  
Grades K-9**

**8-31 First Day  
Grades 10-12**

**Thurs., Aug. 30**

Chicken Patty Sandwich  
w/Lettuce & Tomato  
French Fries  
Steamed Broccoli

**Fri., Aug. 31**

Chef's Choice Pizzas  
Pepperoni, Cheese or Veggie  
Chopped Green Salad  
Fresh Carrot Sticks w/Dip

**Mon., Sept. 3**

**No School Labor Day**

**Tues., Sept. 4**

Cape Cod Crusted Fish & Chips  
w/Tartar Sauce  
French Fries  
Dinner Roll  
Creamy Coleslaw

**Wed., Sept. 5**

Chef's Choice Pizzas  
Pepperoni, Cheese or Veggie  
Zucchini Parmesan  
Fresh Carrot Sticks

**Thurs., Sept. 6**

Cheesy Ravioli Bake  
Baker's Pride Garlic Breadstick  
Caesar Salad

**Fri., Sept. 7**

**Birthday Celebration**  
Slow Roasted BBQ Pork Sandwich  
Steamed Broccoli  
Vegetarian Baked Beans

**Mon., Sept. 10**

Creamy Macaroni & Cheese  
Homemade Cornbread  
Caesar Salad  
Steamed Carrots

**Tues., Sept. 11**

**Taste Test Event**  
Nachos w/ The Works  
(Ground Beef, Tortilla Chips, Homemade Cheese Sauce & Salsa)  
Rice Pilaf  
Warm Black Beans

**Wed., Sept. 12**

Cheesy Breadsticks w/Marinara  
Chicken Noodle Soup  
Fresh Celery Sticks

**Thurs, Sept. 13**

Oven Baked BBQ Chicken  
Hand Cut French Fries  
Corn on the Cob  
Dinner Roll

**Fri., Sept. 14**

**Maple Apple French Toast Bake**  
*Local Maple Syrup*  
Fresh Cut Sweet & White Home Fries  
Fresh Green Pepper Strips

**Mon., Sept. 17**

Oven Baked Chicken Nuggets w/Dipping Sauce  
Roasted Sweet Potato Wedges  
Roasted Zucchini

**Tues., Sept. 18**

Taco Bar w/ Soft Shell  
*Homemade Salsa w/Fresh Tomatoes*  
Rice Pilaf  
Black Bean & Corn Salad

**Wed., Sept. 19**

Chef's Choice Pizzas  
Pepperoni, Cheese or Veggie  
Chopped Green Salad  
Carrot Sticks

**Thurs, Sept. 20**

Shepherd's Pie (Hamburger, Corn & Mashed Potato)  
Dinner Roll  
Fresh Celery Sticks

**Fri., Sept. 21**

Grilled Cheese Sandwich  
From Scratch Creamy Tomato Soup  
Steamed Broccoli

**Mon., Sept. 24**

Hearty Chicken & Biscuits  
Steamed Peas  
Fresh Celery Sticks

**Tues., Sept. 25**

Chicken & Cheese Quesadilla w/Salsa  
Rice Pilaf  
Garbanzo Bean Salad

**Wed., Sept. 26**

Chef's Choice Pizzas  
Pepperoni, Cheese or Veggie  
**Broccoli Salad**  
Fresh Carrot Sticks w/Dip

**Thurs, Sept. 27**

Spaghetti w/ Meat Sauce  
Baker's Pride Garlic Breadsticks  
Caesar Salad

**Fri., Sept. 28**

**Early Release**  
Dress Your Own Burger  
Oven Baked French Fries  
Vegetarian Baked Beans



**Monument Elementary Lunch**  
August/September 2018

**Daily Lunch Offerings:**

Main Meal or Yogurt Meal or Deli Sandwich or Chef Salad

**Offered with all Meals**

**Fresh Fruit**  
**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**

**Community Eligibility Provision**

Meals to all Students are Free  
*Snacks & Snack Milk not included*

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**

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.



## Breakfast in the Classroom



**Monument Elementary  
Breakfast**  
August/September 2018



Wed., Aug. 29

8-30 First Day  
Grades K-9

8-31 First Day  
Grades 10-12

Thurs., Aug 30

Oven Baked  
Cinnamon Bun

Fresh Fruit  
Milk

Fri., Aug 31

Maple Burstin  
Mini Pancakes

Fresh Fruit  
Milk

Mon., Sept 3

**No  
School  
Labor  
Day**

Tues., Sept 4

Ultimate  
Breakfast  
Round  
Fresh Fruit  
Milk

Wed., Sept 5

Scrambled  
Egg & Cheese  
Wrap  
Fresh Fruit  
Milk

Thurs., Sept. 6

Oven Baked  
Cinnamon Bun  
Fresh Fruit  
Milk

Fri., Sept. 7

Sausage &  
Cheese English  
Muffin  
Fresh Fruit  
Milk

Mon., Sept 10

Asst. Cereals  
w/Animal  
Crackers  
Fresh Fruit  
Milk

Tues., Sept 11

Ultimate  
Breakfast  
Round  
Fresh Fruit  
Milk

Wed., Sept 12

Scrambled  
Egg & Cheese  
Wrap  
Fresh Fruit  
Milk

Thurs, Sept 13

Oven Baked  
Cinnamon Bun  
Fresh Fruit  
Milk

Fri., Sept 14

Maple Burstin  
Mini Pancakes  
Fresh Fruit  
Milk

Mon., Sept 17

Asst. Cereals  
w/Animal  
Crackers  
Fresh Fruit  
Milk

Tues., Sept 18

Ultimate  
Breakfast  
Round  
Fresh Fruit  
Milk

Wed., Sept 19

Scrambled  
Egg & Cheese  
Wrap  
Fresh Fruit  
Milk

Thurs, Sept 20

Oven Baked  
Cinnamon Bun  
Fresh Fruit  
Milk

Fri., Sept 21

Sausage &  
Cheese English  
Muffin  
Fresh Fruit  
Milk

Mon., Sept 24

Asst. Cereals  
w/Animal  
Crackers  
Fresh Fruit  
Milk

Tues., Sept 25

Ultimate  
Breakfast  
Round  
Fresh Fruit  
Milk

Wed., Sept 26

Scrambled  
Egg & Cheese  
Wrap  
Fresh Fruit  
Milk

Thurs, Sept 27

Oven Baked  
Cinnamon Bun  
Fresh Fruit  
Milk

Fri., Sept 28

**Early Release**  
Maple Burstin  
Mini Pancakes  
Fresh Fruit  
Milk

### DAILY BREAKFAST OPTIONS

*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

#### Community Eligibility Provision

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Adult Breakfast \$2.50	Adult Lunch \$3.75
Milk \$.50	

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Careerbuilder.

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



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