



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



**Otter Valley High School
Lunch**
August/September 2017

Taste Test Event
Thursday
August 31

Featuring
Tomatoes
& Summer Squash



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

Mon., Sept. 11

Meatball Sub
Garden Pasta Salad
Fresh Fruit & Veggie Bar

Tues., Sept. 12

Creamy Macaroni & Cheese
Homemade Cornbread
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

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., 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

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

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

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

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


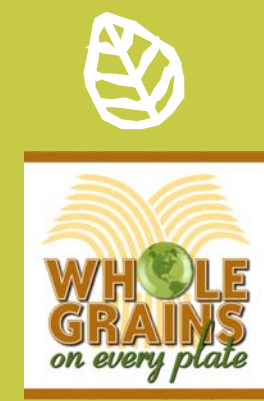
Local Products Used when available
Items in bold and italicized are Local Products
Items in Bold and Underlined are Harvest of the Month & Feed Items
All items in Bold are Recipes from the New School Cuisine Cookbook created by Vermont FEED

Prices

Breakfast	\$2.25	Lunch	\$2.75
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

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

Ham & Cheese Bagel
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

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 8

Ham & Cheese Bagel
Fresh Fruit
Milk

Mon., Sept. 11

Whole Grain French Toast Sticks
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

Ham & Cheese Bagel
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

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 22

Ham & Cheese Bagel
Fresh Fruit
Milk

Mon., Sept. 25

Whole Grain French Toast Sticks
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

Ham & Cheese Bagel
Fresh Fruit
Milk



Otter Valley High School Breakfast August/September 2017

DAILY BREAKFAST OPTIONS

Bagel w/Cream Cheese

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



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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>

