



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



**Oxbow Union High School
Lunch
October 2017**

Mon., Oct. 2	Tues., Oct. 3	Wed., Oct. 4	Thurs., Oct. 5	Fri., Oct. 6
Oven Baked Fish Sandwich Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	Taco Bar w/WG Soft Shell Tortilla Rice Pilaf Fresh Fruit & Veggie Bar	Layered Chicken Bowl (Mashed Potato, Corn, Chicken Nuggets, Gravy) Garlic Breadstick Fresh Fruit & Veggie Bar	Taste Test Event Cheesy Ravioli Bake Garlic Breadstick Fresh Fruit & Veggie Bar	No School
Mon., Oct. 9	Tues., Oct. 10	Wed., Oct. 11	Thurs., Oct. 12	Fri., Oct. 13
No School	Beef Nachos Supreme Spanish Rice Fresh Fruit & Veggie Bar	Homemade Inside Out Cheeseburger Kale Chips 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
Pig in a Blanket (Hot Dog Wrapped in Bread Dough) Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	Chicken Fajitas w/Sautéed Onions & Peppers Rice Pilaf Fresh Fruit & Veggie Bar	Minestrone Soup w/Fresh Kale Cheesy Breadsticks w/Marinara Fresh Fruit & Veggie Bar	Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	Harvest Fest Shepherd's Pie w/Local Potatoes Roasted Local Root Vegetables Dinner Roll Harvest Desert Fruit & Veg Bar
Mon., Oct. 23	Tues., Oct. 24	Wed., Oct. 25	Thurs., Oct. 26	Fri., Oct. 27
Meatball Sub Kale Pesto Pasta Fresh Fruit & Veggie Bar	Birthday Celebration Creamy Macaroni & Cheese Cornbread Fresh Fruit & Veggie Bar	Chicken Gyro w/Tzatziki Sauce Greek Cucumber Salad <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 Ham & Cheese Sandwich From Scratch Chicken Noodle Soup Fresh Fruit & Veggie Bar
Mon., Oct. 30	Tues., Oct. 31			
Philly Steak & Cheese Sub w/Sautéed Onions & Peppers 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 Bar or Express Lane or
Grab & Go Sandwiches and Salads
Homemade Pizza or
Vegetarian Option

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
October 5, 2017

Featuring
Kale Chips

Harvest of the Month
October
Kale



Prices

Breakfast	\$1.75	Lunch	\$2.75
Adult Breakfast	\$2.75	Adult Lunch	\$3.50
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	Whole Grain Cinnamon Roll Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	No School
Mon., Oct. 9	Tues., Oct. 10	Wed., Oct. 11	Thurs., Oct. 12	Fri., Oct. 13
No School	Whole Grain Cinnamon Roll Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk
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Mon., Oct. 30	Tues., Oct. 31			
Whole Grain French Toast Sticks Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk			



Oxbow Union High 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



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Breakfast	\$1.75	Lunch	\$2.75
Adult Breakfast	\$2.75	Adult Lunch	\$3.50
	Milk \$.50		

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