



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






**Pittsburg Elementary School
Lunch**
August/September 2017

| | Tues., Aug. 29 | Wed., Aug 30 | Thurs., Aug 31 | Fri., Sept. 1 |
|---|---|---|--|---|
| Taste Test Event Thursday August 31 Featuring Tomatoes & Cauliflower/ Broccoli | Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked French Fries Steamed Green Beans | Taco Bar w/ Soft Shell <i>Homemade Salsa w/Fresh Tomatoes</i> Rice Pilaf Creamy Coleslaw | Taste Test Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Spinach Salad Italian Bean Salad | No School |
| Mon., Sept. 4 | Tues., Sept. 5 | Wed., Sept. 6 | Thurs., Sept. 7 | Fri., Sept. 8 |
| Labor Day | Dress Your Own Hot Dog Roasted Fresh Sweet Potato Wedges Baked Beans | Minestrone Soup Homemade Cheesy Breadsticks w/Marinara Steamed Carrots | Homemade Shepherd's Pie Baker's Hand Rolled Dinner Roll Roasted Broccoli | BirthDay Celebration Slow Roasted BBQ Pork Sandwich Creamy Coleslaw Roasted Chick Peas |
| Mon., Sept. 11 | Tues., Sept. 12 | Wed., Sept. 13 | Thurs, Sept. 14 | Fri., Sept. 15 |
| Meatball Sub Garden Pasta Salad Fresh Celery w/ Hummus Dip | Creamy Macaroni & Cheese Homemade Cornbread Caesar Salad Steamed Carrots | Chicken Parm Flatbread Steamed Cauliflower Warm Black Beans | Oven Roasted Hot Turkey Sandwich Chef's Mashed Potato Steamed Peas & Carrots | Maple Apple French Toast Bake <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Fresh Green Pepper Strips |
| Mon., Sept. 18 | Tues., Sept. 19 | Wed., Sept. 20 | Thurs, Sept. 21 | Fri., Sept. 22 |
| Oven Baked Chicken Nuggets w/Dipping Sauce Hand Cut Roasted Potato Wedges Baked Beans | Taco Bar w/ Soft Shell <i>Homemade Salsa w/Fresh Tomatoes</i> Cherry Tomato & Corn Salad | Dress Your Own Burger Local Corn on the Cob Chopped Green Salad | Chef's Special Goulash Garlic Breadstick Maple Broccoli | Grilled Cheese Sandwich From Scratch Chicken Noodle Soup Celery Sticks w/Hummus Dip |
| Mon., Sept. 25 | Tues., Sept. 26 | Wed., Sept. 27 | Thurs, Sept. 28 | Fri., Sept. 29 |
| Dress Your Own Hot Dog Hand Cut French Fries Baked Beans | Chicken Fajitas w/Sauteed Onions & Peppers Rice Pilaf Marinated Black Beans | Minestrone Soup Homemade Cheesy Breadsticks w/Marinara Chopped Green Salad | Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Carrot Sticks w/Hummus | Pork Fried Rice Steamed Broccoli Dinner Roll Fortune Cookie |

Daily Lunch Offerings:
Main Meal or Yogurt Parfait
or
Deli Sandwich
Pizza Served Tues & Thurs.

Offered with all Meals:
Fresh Fruit
**Hood Milk: Skim,
1% white or
Fat-Free Chocolate**

Harvest of the Month

August
Tomatoes
September
Broccoli/
Cauliflower
 

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

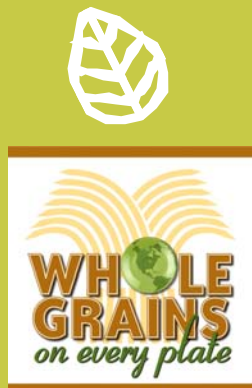
Prices

| | |
|------------------------|--------------------|
| Breakfast \$1.50 | Lunch \$2.55 k-6 |
| | \$2.80 7-12 |
| Reduced \$.30 | \$.40 |
| Adult Breakfast \$1.75 | 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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**Pittsburg School K-12
Breakfast
August/September 2017**

Tues., Aug. 29

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Wed., Aug 30

Sausage &
Cheese Muffin

Fresh Fruit

Milk

Thurs., Aug 31

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit

Milk

Fri., Sept. 1

**No
School**

Mon., Sept. 4

**Labor
Day**

Tues., Sept. 5

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Wed., Sept. 6

Sausage &
Cheese Muffin

Fresh Fruit

Milk

Thurs., Sept. 7

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit

Milk

Fri., Sept. 8

Iced Breakfast
Bun

Fresh Fruit

Milk

Mon., Sept. 11

Whole Grain
French Toast
Sticks
Fresh Fruit
Milk

Tues., Sept. 12

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Wed., Sept. 13

Sausage &
Cheese Muffin

Fresh Fruit

Milk

Thurs, Sept. 14

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit

Milk

Fri., Sept. 15

Iced Breakfast
Bun

Fresh Fruit

Milk

Mon., Sept. 18

Whole Grain
French Toast
Sticks
Fresh Fruit
Milk

Tues., Sept. 19

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Wed., Sept. 20

Sausage &
Cheese Muffin

Fresh Fruit

Milk

Thurs, Sept. 21

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit

Milk

Fri., Sept. 22

Iced Breakfast
Bun

Fresh Fruit

Milk

Mon., Sept. 25

Whole Grain
French Toast
Sticks
Fresh Fruit
Milk

Tues., Sept. 26

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Wed., Sept. 27

Sausage &
Cheese Muffin

Fresh Fruit

Milk

Thurs, Sept. 28

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit

Milk

Fri., Sept. 29

Iced Breakfast
Bun

Fresh Fruit

Milk

**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 our
School Meal
Program?**

Please contact The
Abbey Group Vice
President of
Operations
Scott Choiniere
scott@abbeygroup.net



Prices

| | |
|------------------|--------------------|
| Breakfast \$1.50 | Lunch \$2.55 k-6 |
| | \$2.80 7-12 |
| Reduced \$.30 | Adult \$.40 |
| Adult | Adult Lunch \$3.75 |
| Breakfast \$1.75 | |

Milk \$.50

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