



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

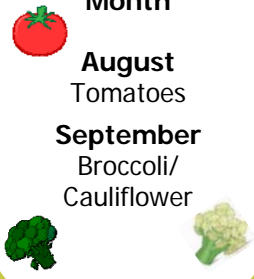


**Pittsburg High School
Lunch**
August/September 2017

	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 Fresh Fruit & Veggie Bar	Taco Bar w/ Soft Shell <i>Homemade Salsa w/Fresh Tomatoes</i> Rice Pilaf Fresh Fruit & Veggie Bar	Taste Test Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	No School
Mon., Sept. 4	Tues., Sept. 5	Wed., Sept. 6	Thurs., Sept. 7	Fri., Sept. 8
Labor Day	Dress Your Own Hot Dog Sweet Potato Wedges Fresh Fruit & Veggie Bar	Minestrone Soup Cheesy Breadsticks w/Marinara Fresh Fruit & Veggie Bar	Homemade Shepherd's Pie Baker's Hand Rolled Dinner Roll Roasted Broccoli Fresh Fruit & Veggie Bar	Birth Day Celebration Slow Roasted BBQ Pork Sandwich Creamy Coleslaw Fresh Fruit & Veggie Bar
Mon., Sept. 11	Tues., Sept. 12	Wed., Sept. 13	Thurs, Sept. 14	Fri., Sept. 15
Meatball Sub Garden Pasta Salad Fresh Fruit & Veggie Bar	Creamy Macaroni & Cheese Homemade Cornbread Fresh Fruit & Veggie Bar	Chicken Parm Flatbread Steamed Cauliflower Fresh Fruit & Veggie Bar	Oven Roasted Hot Turkey Sandwich Chef's Mashed Potato Fresh Fruit & Veggie Bar	Maple Apple French Toast Bake <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Fresh Fruit & Veggie Bar
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 Fresh Fruit & Veggie Bar	Taco Bar w/ Soft Shell <i>Homemade Salsa w/Fresh Tomatoes</i> Fresh Fruit & Veggie Bar	Dress Your Own Burger <i>Local Corn on the Cob</i> Fresh Fruit & Veggie Bar	American Chop Suey Garlic Breadstick Maple Broccoli Fresh Fruit & Veggie Bar	Grilled Ham & Cheese Sandwich From Scratch Chicken Noodle Soup Fresh Fruit & Veggie Bar
Mon., Sept. 25	Tues., Sept. 26	Wed., Sept. 27	Thurs, Sept. 28	Fri., Sept. 29
Dress Your Own Hot Dog Hand Cut French Fries Fresh Fruit & Veggie Bar	Chicken Fajitas w/Sauteed Onions & Peppers Rice Pilaf Fresh Fruit & Veggie Bar	Minestrone Soup Cheesy Breadsticks w/Marinara Fresh Fruit & Veggie Bar	Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	Pork Fried Rice Steamed Broccoli Dinner Roll Fortune Cookie Fresh Fruit & Veggie Bar

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

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

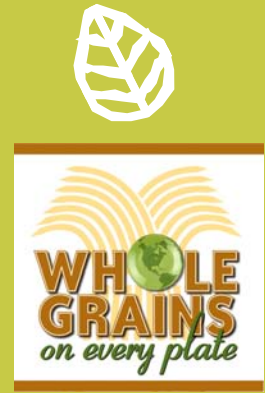
Prices

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

Clearbrook Farm	Moses Farm
Maplebrook Farm	Southern VT. Orchards
Youth Horticultural Group	
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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