



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



**Pownal Elementary School
Lunch**
August/September 2018



**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

Chicken Caesar
Salad Wrap
Garden Pasta
Salad
Steamed
Broccoli

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

Daily Lunch Offerings:

Main Meal or
Yogurt Meal or
Deli Sandwich or
Salad Bar

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

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





Breakfast in the Classroom



Wed., Aug. 29

8-30 First Day
Grades K-9

8-31 First Day
Grades 10-12

Thurs., Aug 30

Ultimate
Breakfast
Round
Fresh Fruit
Milk

Fri., Aug 31

Sausage &
Cheese Breakfast
Sliders
Fresh Fruit
Milk

Mon., Sept 3

**No
School
Labor
Day**

Tues., Sept 4

Cinnamon
Bagel Stick
Fresh Fruit
Milk

Wed., Sept 5

Iced
Breakfast Bun
Fresh Fruit
Milk

Thurs., Sept. 6

Ultimate
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept. 7

Sausage
Wrapped in
Pancake
Fresh Fruit
Milk

Mon., Sept 10

Asst. Cereal
w/Animal
Crackers
Fresh Fruit
Milk

Tues., Sept 11

Strawberry
Bagel Stick
Fresh Fruit
Milk

Wed., Sept 12

Blueberry
Muffin &
Animal
Crackers
Fresh Fruit
Milk

Thurs, Sept 13

Ultimate
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept 14

Sausage &
Cheese Breakfast
Sliders
Fresh Fruit
Milk

Mon., Sept 17

Asst. Cereal
w/Animal
Crackers
Fresh Fruit
Milk

Tues., Sept 18

Cinnamon
Bagel Stick
Fresh Fruit
Milk

Wed., Sept 19

Iced
Breakfast Bun
Fresh Fruit
Milk

Thurs, Sept 20

Ultimate
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept 21

Sausage
Wrapped in
Pancake
Fresh Fruit
Milk

Mon., Sept 24

Asst. Cereal
w/Animal
Crackers
Fresh Fruit
Milk

Tues., Sept 25

Strawberry
Bagel Stick
Fresh Fruit
Milk

Wed., Sept 26

Blueberry
Muffin &
Animal
Crackers
Fresh Fruit
Milk

Thurs, Sept 27

Ultimate
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept 28

Early Release
Sausage &
Cheese
Breakfast
Sliders
Fresh Fruit
Milk



**Pownal Elementary School
Breakfast**
August/September 2018

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

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

Adult Breakfast \$2.50	Milk \$0.50	Adult Lunch \$3.75
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