



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



**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**

Cape Cod  
Crusted Fish &  
Chips  
w/Tartar Sauce  
French Fries  
Dinner Roll  
Creamy Coleslaw

**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



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

**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**

**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 Breakfast \$2.50      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**

**NORTH COAST SEAFOODS**



**Chef's Catch**



**New Local Product: North Coast Seafood**

The Abbey Group is proud to announce our Sea to School program. We have contracted with North Coast Seafood in Boston MA. A great third generation family run business. The fishermen are catching GMRI Certified Sustainable Wild Acadian Redfish, locally in the Gulf of Maine. Each fish is caught individually with line and hook. North Coast Seafood fillets the fish, debones the fish, and then breads the fish with low fat Cape Cod breading. This is a whole muscle kid friendly healthy product. We are excited to menu this restaurant quality product and support local business in New England.



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



<b>Wed., Aug. 29</b>	<b>Thurs., Aug 30</b>	<b>Fri., Aug 31</b>
8-30 First Day Grades K-9	Iced Cinnamon Bun	Whole Grain Pancakes w/ Syrup
8-31 First Day Grades 10-12	Fresh Fruit	Fresh Fruit
	Milk	Milk

<b>Mon., Sept 3</b>	<b>Tues., Sept 4</b>	<b>Wed., Sept 5</b>	<b>Thurs., Sept. 6</b>	<b>Fri., Sept. 7</b>
<b>No School Labor Day</b>	Healthy Whole Grain Breakfast Round	Scrambled Egg & Cheese Wrap	Iced Cinnamon Bun	Whole Grain Pancakes w/ Syrup
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Milk	Milk	Milk	Milk

<b>Mon., Sept 10</b>	<b>Tues., Sept 11</b>	<b>Wed., Sept 12</b>	<b>Thurs, Sept 13</b>	<b>Fri., Sept 14</b>
Waffle Sticks w/ Syrup	Healthy Whole Grain Breakfast Round	Scrambled Egg & Cheese Wrap	Iced Cinnamon Bun	Whole Grain Pancakes w/ Syrup
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Milk	Milk	Milk	Milk	Milk

<b>Mon., Sept 17</b>	<b>Tues., Sept 18</b>	<b>Wed., Sept 19</b>	<b>Thurs, Sept 20</b>	<b>Fri., Sept 21</b>
Waffle Sticks w/ Syrup	Healthy Whole Grain Breakfast Round	Scrambled Egg & Cheese Wrap	Iced Cinnamon Bun	Whole Grain Pancakes w/ Syrup
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Milk	Milk	Milk	Milk	Milk

<b>Mon., Sept 24</b>	<b>Tues., Sept 25</b>	<b>Wed., Sept 26</b>	<b>Thurs, Sept 27</b>	<b>Fri., Sept 28</b>
Waffle Sticks w/ Syrup	Healthy Whole Grain Breakfast Round	Scrambled Egg & Cheese Wrap	Iced Cinnamon Bun	<b>Early Release</b> Whole Grain Pancakes w/ Syrup
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Milk	Milk	Milk	Milk	Milk

**DAILY BREAKFAST  
OPTIONS**

Sausage & Cheese English Muffin  
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



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