



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



St. Albans Town Educational Center
Lunch

August/September 2017

**Taste Test
Event
Thursday
August 31**

Featuring
Tomatoes
& Summer Squash

Wed., Aug 30

Chicken Patty
Sandwich
w/Lettuce & Tomato
Oven Baked
French Fries
Fresh Fruit &
Veggie Bar

Thurs., Aug 31

Taste Test
Spaghetti w/
Meat or Marinara
Sauce
Garlic Breadstick
Fresh Fruit &
Veggie Bar

Fri., Sept. 1

Pancakes w/
Local Maple Syrup
Fresh Cut Sweet &
White Home Fries
Sausage Links
Fresh Fruit &
Veggie Bar

Mon., Sept. 4

**Labor
Day**

Tues., Sept. 5

Dress Your Own
Hot Dog
Roasted Sweet
Potato Wedges
Fresh Fruit &
Veggie Bar

Wed., Sept. 6

**Birthday
Celebration**
Slow Roasted
BBQ Pork
Sandwich
Creamy Coleslaw
Fresh Fruit &
Veggie Bar

Thurs., Sept. 7

Homemade
Shepherd's Pie
Baker's Hand
Rolled Dinner Roll
**Roasted Zucchini
Sticks**
Fresh Fruit &
Veggie Bar

Fri., Sept. 8

Minestrone Soup
Cheesy
Breadsticks
w/Marinara
Fresh Fruit &
Veggie Bar

Mon., Sept. 11

Meatball
Sub
Garden Pasta
Salad
Fresh Fruit &
Veggie Bar

Tues., Sept. 12

Creamy
Macaroni &
Cheese
Homemade
Cornbread
Fresh Fruit &
Veggie Bar

Wed., Sept. 13

**Maple Apple
French Toast
Bake**
Local Maple Syrup
Fresh Cut Sweet &
White Home Fries
Fresh Fruit &
Veggie Bar

Thurs, Sept. 14

Oven Roasted
Hot Turkey
Sandwich
Chef's Mashed
Potato
Fresh Fruit &
Veggie Bar

Fri., Sept. 15

Steak & Cheese
Flatbread
**Zucchini
Parmesan**
Fresh Fruit &
Veggie Bar

Mon., Sept. 18

Oven Baked
Chicken Nuggets
w/Dipping Sauce
Hand Cut Roasted
Potato Wedges
Fresh Fruit &
Veggie Bar

Tues., Sept. 19

Taco Bar w/
Soft Shell
**Homemade Salsa
w/Fresh Tomatoes**
Fresh Fruit &
Veggie Bar

Wed., Sept. 20

Grilled Cheese
Sandwich
From Scratch
Chicken Noodle
Soup
Fresh Fruit &
Veggie Bar

Thurs, Sept. 21

Homemade
Goulash
Garlic Breadstick
**Seasoned
Summer Squash**
Fresh Fruit &
Veggie Bar

Fri., Sept. 22

Chipotle Chicken
& Cheese
Flatbread Melt
**Local Corn
on the Cob**
Fresh Fruit &
Veggie Bar

Mon., Sept. 25

Dress Your Own
Burger
Hand Cut
French Fries
Fresh Fruit &
Veggie Bar

Tues., Sept. 26

Chicken Fajitas
w/Sautéed Onions &
Peppers
Rice Pilaf
Fresh Fruit &
Veggie Bar

Wed., Sept. 27

Pork Fried Rice
Steamed
Broccoli
Dinner Roll
Fortune Cookie
Fresh Fruit &
Veggie Bar

Thurs, Sept. 28

Spaghetti w/
Meat or Marinara
Sauce
Garlic
Breadstick
Fresh Fruit &
Veggie Bar

Fri., Sept. 29

Minestrone Soup
Cheesy
Breadsticks
w/Marinara
Fresh Fruit &
Veggie Bar

Daily Lunch Offerings:

Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich or Pizza

Offered with all Meals
Fresh Fruit & Veggie Bar &
Vegetable Soup

**Hood Milk: Skim,
1% white or
Fat-Free Chocolate**

**Harvest of the
Month**



August
Tomatoes

September
Summer Squash



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	\$1.60	Lunch	\$2.15
Adult Breakfast	\$2.25	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

Garvey's Gardens
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
Green Mtn. Farm Direct-Local Produce





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BACK TO SCHOOL

Mon., Sept. 4

Labor Day

Tues., Sept. 5

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept. 6

Whole Grain Breakfast Bun
Fresh Fruit
Milk

Thurs., Sept. 7

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 8

Ham & Cheese Bagel
Fresh Fruit
Milk

Wed., Aug 30

Whole Grain Breakfast Bun
Fresh Fruit
Milk

Thurs., Aug 31

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 1

Ham & Cheese Bagel
Fresh Fruit
Milk

Mon., Sept. 11

Whole Grain French Toast Sticks
Fresh Fruit
Milk

Tues., Sept. 12

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept. 13

Whole Grain Breakfast Bun
Fresh Fruit
Milk

Thurs, Sept. 14

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 15

Ham & Cheese Bagel
Fresh Fruit
Milk

Mon., Sept. 18

Whole Grain French Toast Sticks
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Fresh Fruit
Milk

Mon., Sept. 25

Whole Grain French Toast Sticks
Fresh Fruit
Milk

Tues., Sept. 26

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept. 27

Whole Grain Breakfast Bun
Fresh Fruit
Milk

Thurs, Sept. 28

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 29

Ham & Cheese Bagel
Fresh Fruit
Milk



St. Albans Town Educational Center
Breakfast
August/September 2017

DAILY BREAKFAST OPTIONS

Sausage & Cheese English Muffin
Cereals w/Toasted English Muffin or
Fruit Filled 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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	Milk \$.50		

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Looking for a job that lets you be at home when your family needs you there?

Come Join our Team!!
Go to the link below.

You can download an application or see what we have available through Careerbuilder.

<http://www.abbeygroup.net/careers.php>

