



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



Mon., Sept. 3

**No School Labor Day**

Tues., Sept. 4

Cape Cod Crusted Fish & Chips (French Fries) Rice Pilaf 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 Creamy Coleslaw Vegetarian Baked Beans

Wed., Aug. 29

Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked French Fries Steamed Broccoli

Thurs., Aug. 30

Spaghetti w/ Meat Sauce Baker's Pride Garlic Breadsticks Caesar Salad

Fri., Aug. 31

Pancakes w/ *Local Maple Syrup* Fresh Cut Sweet & White Home Fries Sausage Links Fresh Green Pepper Sticks

Mon., Sept. 10

Oven Baked BBQ Chicken Hand Cut French Fries Corn on the Cob Dinner Roll

Tues., Sept. 11

**Taste Test Event** Nachos w/ The Works (Ground Beef, Tortilla Chips, Homemade Cheese Sauce & Salsa) Rice Pilaf Vegetarian Baked Beans

Wed., Sept. 12

Cheesy Breadsticks w/Marinara Chicken Noodle Soup Fresh Celery Sticks

Thurs, Sept. 13

Creamy Macaroni & Cheese Homemade Cornbread Caesar Salad Steamed Carrots

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 Vegetarian Baked Beans

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

Dress Your Own Burger Hand Cut French Fries Vegetarian Baked Beans

Tues., Sept. 25

Chicken & Cheese Quesadilla w/Salsa Rice Pilaf Creamy Coleslaw

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

Hearty Chicken & Biscuits Steamed Peas Fresh Celery Sticks



The Learning Academy  
at Sudbury  
Lunch  
August/September 2018

**Daily Lunch Offerings:**

Main Meal  
Deli Sandwich

**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**

|                 |        |             |        |
|-----------------|--------|-------------|--------|
| Breakfast       | \$1.85 | Lunch       | \$2.50 |
| Adult Breakfast | \$2.85 | Adult Lunch | \$4.20 |

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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The Learning Academy  
at Sudbury  
Breakfast  
August/September 2018



Wed., Aug. 29

Scrambled  
Egg & Cheese  
Wrap  
  
Fresh Fruit  
  
Milk

Thurs., Aug 30

Whole Grain  
Fruit Filled  
Muffin w/  
Cheese Stick  
Fresh Fruit  
  
Milk

Fri., Aug 31

Ham & Cheese  
Bagel  
  
Fresh Fruit  
  
Milk

Mon., Sept 3

**No  
School  
Labor  
Day**

Tues., Sept 4

Oven Baked  
Twin Cinnamon  
Rolls  
  
Fresh Fruit  
  
Milk

Wed., Sept 5

Scrambled  
Egg & Cheese  
Wrap  
  
Fresh Fruit  
  
Milk

Thurs., Sept. 6

Whole Grain  
Fruit Filled  
Muffin w/  
Cheese Stick  
Fresh Fruit  
  
Milk

Fri., Sept. 7

Ham & Cheese  
Bagel  
  
Fresh Fruit  
  
Milk

Mon., Sept 10

Whole Grain  
French Toast  
Sticks  
  
Fresh Fruit  
  
Milk

Tues., Sept 11

Oven Baked  
Twin Cinnamon  
Rolls  
  
Fresh Fruit  
  
Milk

Wed., Sept 12

Scrambled  
Egg & Cheese  
Wrap  
  
Fresh Fruit  
  
Milk

Thurs, Sept 13

Healthy  
Whole Grain  
Breakfast  
Round  
Fresh Fruit  
  
Milk

Fri., Sept 14

Ham & Cheese  
Bagel  
  
Fresh Fruit  
  
Milk

Mon., Sept 17

Whole Grain  
French Toast  
Sticks  
  
Fresh Fruit  
  
Milk

Tues., Sept 18

Oven Baked  
Twin Cinnamon  
Rolls  
  
Fresh Fruit  
  
Milk

Wed., Sept 19

Scrambled  
Egg & Cheese  
Wrap  
  
Fresh Fruit  
  
Milk

Thurs, Sept 20

Healthy  
Whole Grain  
Breakfast  
Round  
Fresh Fruit  
  
Milk

Fri., Sept 21

Ham & Cheese  
Bagel  
  
Fresh Fruit  
  
Milk

Mon., Sept 24

Whole Grain  
French Toast  
Sticks  
  
Fresh Fruit  
  
Milk

Tues., Sept 25

Oven Baked  
Twin Cinnamon  
Rolls  
  
Fresh Fruit  
  
Milk

Wed., Sept 26

Scrambled  
Egg & Cheese  
Wrap  
  
Fresh Fruit  
  
Milk

Thurs, Sept 27

Healthy  
Whole Grain  
Breakfast  
Round  
Fresh Fruit  
  
Milk

Fri., Sept 28

Ham & Cheese  
Bagel  
  
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          | \$1.85 | Lunch          | \$2.50 |
| Adult<br>Breakfast | \$2.85 | Adult<br>Lunch | \$4.20 |
| Milk \$.50         |        |                |        |

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