



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



Sudbury Country School Lunch August/September 2017

Taste Test Event
Thursday
August 31

Featuring
Tomatoes
& Summer Squash



Mon., Sept. 4

Labor Day

Tues., Sept. 5

Dress Your Own Hot Dog
Roasted Fresh Sweet Potato Wedges
Baked Beans

Wed., Aug 30

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

Thurs., Aug 31

Taste Test
Spaghetti w/ Meat or Marinara Sauce
Garlic Breadstick
Spinach Salad
Italian Bean Salad

Fri., Sept. 1

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

Mon., Sept. 11

Meatball Sub
Garden Pasta Salad
Fresh Celery w/ Hummus Dip

Tues., Sept. 12

Creamy Macaroni & Cheese
Homemade Cornbread
Caesar Salad
Steamed Carrots

Wed., Sept. 13

Chef's Choice Pizzas
Pepperoni, Cheese or Veggie
Zucchini Parmesan
Warm Black Beans

Thurs, Sept. 14

Oven Roasted Hot Turkey Sandwich
Chef's Mashed Potato
Steamed Peas & Carrots

Fri., Sept. 15

Maple Apple French Toast Bake
Local Maple Syrup
Fresh Cut Sweet & White Home Fries
Fresh Green Pepper Strips

Mon., Sept. 18

Oven Baked Chicken Nuggets w/Dipping Sauce
Hand Cut Roasted Potato Wedges
Baked Beans

Tues., Sept. 19

Taco Bar w/ Soft Shell
Homemade Salsa w/Fresh Tomatoes
Cherry Tomato & Corn Salad

Wed., Sept. 20

Chef's Choice Pizzas
Pepperoni, Cheese or Veggie
Local Corn on the Cob
Chopped Green Salad

Thurs, Sept. 21

Chef's Special Goulash
Garlic Breadstick
Seasoned Summer Squash

Fri., Sept. 22

Grilled Cheese Sandwich
From Scratch Chicken Noodle Soup
Celery Sticks w/Hummus Dip

Mon., Sept. 25

Dress Your Own Burger
Hand Cut French Fries
Baked Beans

Tues., Sept. 26

Chicken Fajitas w/Sauteed Onions & Peppers
Rice Pilaf
Marinated Black Beans

Wed., Sept. 27

Minestrone Soup
Homemade Cheesy Breadsticks w/Marinara
Chopped Green Salad

Thurs, Sept. 28

Spaghetti w/ Meat or Marinara Sauce
Garlic Breadstick
Fresh Carrot Sticks w/Hummus

Fri., Sept. 29

Pork Fried Rice
Steamed Broccoli
Dinner Roll
Fortune Cookie

Daily Lunch Offerings:


Main Meal
Deli Sandwich

Offered with all Meals


Fresh Fruit

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	\$1.75	Lunch	\$2.40
Adult Breakfast	\$2.75	Adult Lunch	\$4.10

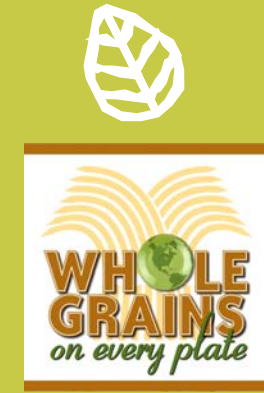
Milk \$.50

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

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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BACK TO SCHOOL

Mon., Sept. 4

Labor Day

Tues., Sept. 5

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept. 6

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Sept. 7

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

Fri., Sept. 8

Sausage & Cheese Muffin
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

Scrambled Egg & Cheese Wrap
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
Fresh Fruit
Milk

Tues., Sept. 19

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept. 20

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Sept. 21

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 22

Sausage & Cheese Muffin
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

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Sept. 28

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 29

Sausage & Cheese Muffin
Fresh Fruit
Milk

Wed., Aug 30

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Aug 31

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 1

Ham & Cheese Bagel
Fresh Fruit
Milk



Sudbury Country School Breakfast
August/September 2017

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 your School Meal Program?

Please contact The Abbey Group Vice President of Operations Scott Choiniere
scott@abbeygroup.net



Prices

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Adult Breakfast	\$2.75	Adult Lunch	\$4.10

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>

