



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



**Swanton Central School
Lunch**
August/September 2018



Wed., Aug. 29

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

Thurs., Aug. 30

Spaghetti w/ Homemade Meat Sauce
Baker's Pride Garlic Breadstick
Fresh Fruit & Veggie Bar

Fri., Aug. 31

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

Mon., Sept. 3

No School Labor Day

Tues., Sept. 4

Cape Cod Crusted Fish & Chips
(French Fries)
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed., Sept. 5

Hot Hamburg Sandwich
Chef's Mashed Potato
Fresh Fruit & Veggie Bar

Thurs., Sept. 6

Cheesy Ravioli Bake
Baker's Pride Garlic Breadstick
Fresh Fruit & Veggie Bar

Fri., Sept. 7

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

Mon., Sept. 10

Oven Baked BBQ Chicken
Hand Cut French Fries
Corn on the Cob
Dinner Roll
Fresh Fruit & Veggie Bar

Tues., Sept. 11

Taste Test Event
Nachos w/ The Works
(Ground Beef, Tortilla Chips, Homemade Cheese Sauce & Salsa)
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed., Sept. 12

Cheesy Breadsticks w/Marinara
Chicken Noodle Soup
Fresh Fruit & Veggie Bar

Thurs, Sept. 13

Creamy Macaroni & Cheese
Homemade Cornbread
Fresh Fruit & Veggie Bar

Fri., Sept. 14

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

Mon., Sept. 17

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

Tues., Sept. 18

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

Wed., Sept. 19

Homemade Goulash
Baker's Pride Garlic Breadstick
Fresh Fruit & Veggie Bar

Thurs, Sept. 20

Shepherd's Pie (Hamburger, Corn & Mashed Potato)
Dinner Roll
Fresh Fruit & Veggie Bar

Fri., Sept. 21

Grilled Cheese Sandwich
From Scratch Creamy Tomato Soup
Fresh Fruit & Veggie Bar

Mon., Sept. 24

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

Tues., Sept. 25

Chicken & Cheese Quesadilla w/Salsa
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed., Sept. 26

Sloppy Joe
Garden Pasta Salad
Fresh Fruit & Veggie Bar

Thurs, Sept. 27

Spaghetti w/ Homemade Meat Sauce
Baker's Pride Garlic Breadstick
Fresh Fruit & Veggie Bar

Fri., Sept. 28

Hearty Chicken & Biscuits
Steamed Peas
Fresh Fruit & Veggie Bar

Daily Lunch Offerings:

Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich or
Pizza or Express or Grab & Go
Express Options:

Monday: Oven Baked Corn Dog
Tuesday: Chicken Nuggets
Wednesday: Cheeseburger
Thursday: Dress Your Own Hot Dog
Friday: Chicken Patty Sandwich

Offered with all Meals
Fresh Fruit & Veggie Bar
& Vegetable Soup
Hood Milk: Skim, 1% white or

Taste Test Event
Thursday
September 11, 2018

Featuring
Tomatoes

Harvest of the Month



August
Tomatoes

September
Summer Squash



Prices

Breakfast	\$0.00	Lunch	\$2.55
Adult		Adult	
Breakfast	\$2.00	Lunch	\$3.70
		Milk	\$0.50

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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**Swanton Central School
Breakfast**
August/September 2018



Wed., Aug. 29

Assorted Cold
Cereal w/
Graham
Crackers
Fresh Fruit
Milk

Thurs., Aug 30

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Fri., Aug 31

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit
Milk

Mon., Sept 3

**No
School
Labor
Day**

Tues., Sept 4

Fruit Flavored
Bread Slice

Fresh Fruit
Milk

Wed., Sept 5

Assorted Cold
Cereal w/
Graham
Crackers
Fresh Fruit
Milk

Thurs., Sept. 6

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept. 7

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit
Milk

Mon., Sept 10

Whole Grain
Breakfast
Bar

Fresh Fruit
Milk

Tues., Sept 11

Fruit Flavored
Bread Slice

Fresh Fruit
Milk

Wed., Sept 12

Assorted Cold
Cereal w/
Graham
Crackers
Fresh Fruit
Milk

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Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept 14

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit
Milk

Mon., Sept 17

Whole Grain
Breakfast
Bar

Fresh Fruit
Milk

Tues., Sept 18

Fruit Flavored
Bread Slice

Fresh Fruit
Milk

Wed., Sept 19

Assorted Cold
Cereal w/
Graham
Crackers
Fresh Fruit
Milk

Thurs, Sept 20

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
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Fri., Sept 21

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit
Milk

Mon., Sept 24

Whole Grain
Breakfast
Bar

Fresh Fruit
Milk

Tues., Sept 25

Fruit Flavored
Bread Slice

Fresh Fruit
Milk

Wed., Sept 26

Assorted Cold
Cereal w/
Graham
Crackers
Fresh Fruit
Milk

Thurs, Sept 27

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept 28

Fruit Filled
Muffin w/
Cheese Stick

Fresh Fruit
Milk

**Breakfast Free to all
Students**
**100% Fruit Juice or Fresh
Fruit**

*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	\$0.00	Lunch	\$2.55
Adult Breakfast	\$2.00	Adult Lunch	\$3.70

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