



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 Fresh Fruit & Veggie Bar

Wed., Sept. 5

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

Thurs., Sept. 6

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

Fri., Sept. 7

Cheeseburger Flatbread **Zucchini Parmesan** 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

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

Thurs., Sept. 13

Creamy Macaroni & Cheese Homemade Cornbread Fresh Fruit & Veggie Bar

Fri., Sept. 14

Cheesy Breadsticks w/Marinara Chicken Noodle Soup 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

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

Thurs., Sept. 20

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

Fri., Sept. 21

Homemade Goulash Baker's Pride Garlic Breadstick 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

Hearty Chicken & Biscuits Steamed Peas Fresh Fruit & Veggie Bar

Thurs., Sept. 27

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

Fri., Sept. 28

Sloppy Joe Garden Pasta Salad Fresh Fruit & Veggie Bar

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



Waits River Valley School Lunch
August/September 2018

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

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

Adult		Adult	
Breakfast	\$2.10	Lunch	\$3.75
		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.



Wed., Aug. 29

Sausage & Cheese Muffin
Fresh Fruit
Milk

Thurs., Aug 30

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Aug 31

Fruit & Yogurt Smoothie w/Fruit Muffin
Fresh Fruit
Milk

Mon., Sept 3

No School Labor Day

Tues., Sept 4

Oven Baked Twin Cinnamon Rolls
Fresh Fruit
Milk

Wed., Sept 5

Ham & Cheese Bagel
Fresh Fruit
Milk

Thurs., Sept. 6

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 7

Fruit & Yogurt Smoothie w/Fruit Muffin
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

Sausage & Cheese Muffin
Fresh Fruit
Milk

Thurs, Sept 13

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

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Fruit & Yogurt Smoothie w/Fruit Muffin
Fresh Fruit
Milk

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Fresh Fruit
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Fresh Fruit
Milk

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Fresh Fruit
Milk

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Fresh Fruit
Milk

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Fruit & Yogurt Smoothie w/Fruit Muffin
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

Sausage & Cheese Muffin
Fresh Fruit
Milk

Thurs, Sept 27

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept 28

Fruit & Yogurt Smoothie w/Fruit Muffin
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



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	Milk \$0.50		

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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>

