



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



**Winooski High School
Lunch**
August/September 2018



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

Cheeseburger
Flatbread
**Zucchini
Parmesan**
Fresh Fruit &
Veggie Bar

Thurs., Sept. 6

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

Fri., Sept. 7

**Birthday
Celebration**
Hot Turkey
Sandwich w/Gravy
Chef's Mashed
Potato
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

Early Release K-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
Sausage Links
Fresh Fruit &
Veggie Bar

Mon., Sept. 17

Seasoned Chicken
Breast Tenders
w/Dipping Sauce
Roasted Sweet
Potato Wedges
Dinner Roll
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 Breadsticks
Fresh Fruit &
Veggie Bar

Thurs, Sept. 20

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

Fri., Sept. 21

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

Mon., Sept. 24

Philly Steak &
Cheese Sub
w/Sautéed Onions &
Peppers
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/
Meat Sauce
Baker's Pride
Garlic Breadsticks
Fresh Fruit &
Veggie Bar

Fri., Sept. 28

Hearty Chicken
& Biscuits
Steamed Peas
Fresh Fruit &
Veggie Bar

Wed., Aug. 29
BBQ Chicken
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

Daily Lunch Offerings:

Main Meal or
Cabot Yogurt Parfait or
Deli Bar or Express Lane or
Homemade Pizza **or**
Vegetarian Option

Offered with all Meals

**Fresh Fruit & Veggie Bar &
Vegetable Soup**
Fresh Fruit (Full cup offered daily)
**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
Snacks & Snack Milk not included

Adult Breakfast \$1.75 Milk \$.50
Adult Lunch \$3.75

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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**Winooski High School
Breakfast**
August/September 2018



Mon., Sept 3	Tues., Sept 4	Wed., Aug 29	Thurs., Aug 30	Fri., Aug 31
No School Labor Day	Whole Grain Cinnamon Roll	Homemade Fruit Filled Muffin	Whole Grain Breakfast Round	Scrambled Eggs w/ 1/2 Bagel
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Fresh Milk	Milk	Milk	Milk
Mon., Sept 10	Tues., Sept 11	Wed., Sept 5	Thurs., Sept 6	Fri., Sept 7
Whole Grain French Toast Sticks	Whole Grain Cinnamon Roll	Homemade Fruit Filled Muffin	Whole Grain Breakfast Round	Fruit Smoothie w/Graham Crackers
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Milk	Fresh Milk	Milk	Milk	Milk
Mon., Sept 17	Tues., Sept 18	Wed., Sept 12	Thurs., Sept 13	Fri., Sept 14
Whole Grain French Toast Sticks	Whole Grain Cinnamon Roll	Homemade Fruit Filled Muffin	Whole Grain Breakfast Round	Scrambled Eggs w/ 1/2 Bagel
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Milk	Fresh Milk	Milk	Milk	Milk
Mon., Sept 24	Tues., Sept 25	Wed., Sept 19	Thurs., Sept 20	Fri., Sept 21
Whole Grain French Toast Sticks	Whole Grain Cinnamon Roll	Early Release Homemade Fruit Filled Muffin	Whole Grain Breakfast Round	Scrambled Eggs w/ 1/2 Bagel
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Milk	Fresh Milk	Milk	Milk	Milk
Mon., Sept 24	Tues., Sept 25	Wed., Sept 26	Thurs., Sept 27	Fri., Sept 28
Whole Grain French Toast Sticks	Whole Grain Cinnamon Roll	Homemade Fruit Filled Muffin	Whole Grain Breakfast Round	Scrambled Eggs w/ 1/2 Bagel
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Milk	Fresh Milk	Milk	Milk	Milk

DAILY BREAKFAST OPTIONS

Cereals w/Toasted English Muffin or Egg & Cheese English Muffin or Sausage & Cheese English Muffin or Yogurt & Granola

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**

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	Milk \$.50

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Questions or Comments regarding your School Meal Program?

Please contact The Abbey Group Vice President of Operations Scott Choiniere

scott@abbeygroup.net



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>

