



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



Woodford Hollow Elementary School
Lunch

August/September 2018



8-30 First Day
Grades K-9

8-31 First Day
Grades 10-12

Thurs., Aug. 30

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

Fri., Aug. 31

Chef's Choice
Pizzas
Pepperoni, Cheese
or Veggie
Chopped Green
Salad
Fresh Carrot Sticks
w/Dip

Mon., Sept. 3

**No
School
Labor
Day**

Tues., Sept. 4

Cape Cod
Crusted Fish &
Chips
w/Tartar Sauce
French Fries
Dinner Roll
Creamy Coleslaw

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
Steamed Broccoli
Vegetarian Baked
Beans

Mon., Sept. 10

Creamy
Macaroni &
Cheese
Homemade
Cornbread
Caesar Salad
Steamed Carrots

Tues., Sept. 11

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

Wed., Sept. 12

Cheesy
Breadsticks
w/Marinara
Chicken Noodle
Soup
Fresh Celery
Sticks

Thurs, Sept. 13

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

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
Black Bean &
Corn Salad

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

Hearty Chicken
& Biscuits
Steamed Peas
Fresh Celery
Sticks

Tues., Sept. 25

Chicken &
Cheese
Quesadilla
w/Salsa
Rice Pilaf
Garbanzo Bean
Salad

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

Early Release
Dress Your
Own Burger
Oven Baked
French Fries
Vegetarian
Baked Beans

Daily Lunch Offerings:

Main Meal or
Yogurt Meal or
Deli Sandwich or
Chef Salad

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

Community Eligibility Provision

Meals to all Students are Free
Snacks & Snack Milk not included

Adult	Adult
Breakfast \$2.50	Lunch \$3.75

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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Woodford Hollow Elementary School
Breakfast
August/September 2018



Wed., Aug. 29	Thurs., Aug 30	Fri., Aug 31
8-30 First Day Grades K-9	Oven Baked Twin Cinnamon Rolls Fresh Fruit Milk	Whole Grain Pancakes w/ Syrup Fresh Fruit Milk
8-31 First Day Grades 10-12		

Mon., Sept 3	Tues., Sept 4	Wed., Sept 5	Thurs., Sept. 6	Fri., Sept. 7
No School Labor Day	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Whole Grain Egg & Cheese Wrap Fresh Fruit Milk	Oven Baked Twin Cinnamon Rolls Fresh Fruit Milk	Whole Grain Pancakes w/ Syrup Fresh Fruit Milk

Mon., Sept 10	Tues., Sept 11	Wed., Sept 12	Thurs, Sept 13	Fri., Sept 14
French Toast Sticks w/ Syrup Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Whole Grain Egg & Cheese Wrap Fresh Fruit Milk	Oven Baked Twin Cinnamon Rolls Fresh Fruit Milk	Whole Grain Pancakes w/ Syrup Fresh Fruit Milk

Mon., Sept 17	Tues., Sept 18	Wed., Sept 19	Thurs, Sept 20	Fri., Sept 21
French Toast Sticks w/ Syrup Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Whole Grain Egg & Cheese Wrap Fresh Fruit Milk	Oven Baked Twin Cinnamon Rolls Fresh Fruit Milk	Whole Grain Pancakes w/ Syrup Fresh Fruit Milk

Mon., Sept 24	Tues., Sept 25	Wed., Sept 26	Thurs, Sept 27	Fri., Sept 28
French Toast Sticks w/ Syrup Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Whole Grain Egg & Cheese Wrap Fresh Fruit Milk	Oven Baked Twin Cinnamon Rolls Fresh Fruit Milk	Half Day Whole Grain Pancakes w/ Syrup Fresh Fruit Milk

DAILY BREAKFAST OPTIONS

Sausage & Cheese English Muffin
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

Community Eligibility Provision

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Adult Breakfast \$2.50	Adult Lunch \$3.75
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>

