



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



**Barstow Memorial School
Lunch
May 2018**

Tues. May 1	Wed. May 2	Thurs. May 3	Fri. May 4
Taco Bar w/ Soft Shell Tortilla w/Toppings Rice Pilaf Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Fresh Fruit & Veggie Bar	Spaghetti w/ Meat Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	BBQ Pork Sandwich Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar

Mon. May 7	Tues. May 8	Wed. May 9	Thurs. May 10	Fri. May 11
Dress Your Own Hot Dog Garden Pasta Salad Fresh Fruit & Veggie Bar	Taste Test Event Beef Nachos Supreme Fresh Salsa Rice Pilaf Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Broccoli Salad Fresh Fruit & Veggie Bar	Homemade Goulash Garlic Breadstick Fresh Fruit & Veggie Bar	BirthDay Celebration Sloppy Joes Baked Potato w/Toppings Fresh Fruit & Veggie Bar

Mon. May 14	Tues. May 15	Wed. May 16	Thurs. May 17	Fri. May 18
Dress Your Own Burger Oven Baked French Fries Fresh Fruit & Veggie Bar	Chicken & Cheese Fajita w/Onions, Peppers & Salsa Spanish Rice Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Caesar Salad Fresh Fruit & Veggie Bar	Homemade Macaroni & Cheese Cornbread Fresh Fruit & Veggie Bar	Brunch for Lunch Pancakes w/ Syrup Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar

Mon. May 21	Tues. May 22	Wed. May 23	Thurs. May 24	Fri. May 25
Meatball Sub Sautéed Radishes Fresh Fruit & Veggie Bar	Taco Bar w/ Soft Shell Tortilla w/Toppings Southwest Rice Pilaf Fresh Fruit & Veggie Bar	Cheesy Breadsticks w/ Marinara Caesar Salad Fresh Fruit & Veggie Bar	Homemade Shepherd's Pie (Ground Beef, Mashed Potato & Corn) Dinner Roll Fresh Fruit & Veggie Bar	Grilled Cheese Sandwich Chicken Noodle Soup Fresh Fruit & Veggie Bar

Mon. May 28	Tues. May 29	Wed. May 30	Thurs. May 31
No School	Chicken Patty Sandwich Garden Pasta Salad Fresh Fruit & Veggie Bar	Chef's Choice Pizzas Pepperoni, Cheese or Veggie Caesar Salad Fresh Fruit & Veggie Bar	Chicken & Cheese Quesadilla Rice Pilaf Summer Radish Salad Fresh Fruit & Veggie Bar



Daily Lunch Offerings:

Main Meal or
**Cabot Yogurt Parfait or
Deli Sandwich or Salad Bar**

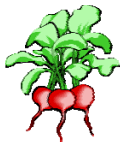
**Offered with all Meals
Fresh Fruit & Veggie Bar &
Vegetable Soup**

**Hood Milk: Skim, 1%
white or
Fat-Free Chocolate**

**Taste Test Event
Tuesday
May 8, 2018**

Featuring
Radishes

**Harvest of
the Month
Radish**



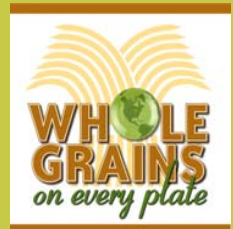
**Local Products Used
when available**

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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Tues. May 1

Whole Grain
Fruit Filled
Muffin w/
Hard Boiled Egg
Fresh Fruit
Milk

Wed. May 2

Scrambled
Egg & Cheese
Wrap
Fresh Fruit
Milk

Thurs. May 3

Hearty
Oatmeal w/
Hard Boiled
Egg
Fresh Fruit
Milk

Fri. May 4

Ham & Cheese
Bagel
Fresh Fruit
Milk

Mon. May 7

Whole Grain
French Toast
Sticks
Fresh Fruit
Milk

Tues. May 8

Whole Grain
Fruit Filled
Muffin w/
Hard Boiled Egg
Fresh Fruit
Milk

Wed. May 9

Scrambled
Egg & Cheese
Wrap
Fresh Fruit
Milk

Thurs. May 10

Hearty
Oatmeal w/
Hard Boiled
Egg
Fresh Fruit
Milk

Fri. May 11

Sausage &
Cheese Muffin
Fresh Fruit
Milk

Mon. May 14

Whole Grain
French Toast
Sticks
Fresh Fruit
Milk

Tues. May 15

Whole Grain
Fruit Filled
Muffin w/
Hard Boiled Egg
Fresh Fruit
Milk

Wed. May 16

Scrambled
Egg & Cheese
Wrap
Fresh Fruit
Milk

Thurs. May 17

Hearty
Oatmeal w/
Hard Boiled
Egg
Fresh Fruit
Milk

Fri. May 18

Sausage &
Cheese Muffin
Fresh Fruit
Milk

Mon. May 21

Whole Grain
French Toast
Sticks
Fresh Fruit
Milk

Tues. May 22

Whole Grain
Fruit Filled
Muffin w/
Hard Boiled Egg
Fresh Fruit
Milk

Wed. May 23

Scrambled
Egg & Cheese
Wrap
Fresh Fruit
Milk

Thurs. May 24

Hearty
Oatmeal w/
Hard Boiled
Egg
Fresh Fruit
Milk

Fri. May 25

Ham & Cheese
Bagel
Fresh Fruit
Milk

Mon. May 28

**No
School**

Tues. May 29

Whole Grain
Fruit Filled
Muffin w/
Hard Boiled Egg
Fresh Fruit
Milk

Wed. May 30

Scrambled
Egg & Cheese
Wrap
Fresh Fruit
Milk

Thurs. May 31

Hearty
Oatmeal w/
Hard Boiled
Egg
Fresh Fruit
Milk



Barstow Memorial School Breakfast May 2018

DAILY BREAKFAST OPTIONS

Cereals w/Toasted English Muffin or
Yogurt w/Granola &Hard Boiled Egg
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

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Adult Breakfast	\$2.75	Adult Lunch	\$4.10

Milk \$.50

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