



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



**Barstow Memorial 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

Chef's Choice
Pizzas
Pepperoni, Cheese
or Veggie
Zucchini Parmesan
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

Chef's Choice
Pizzas
Pepperoni, Cheese
or Veggie
Caesar Salad
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

Chef's Choice
Pizzas
Pepperoni, Cheese
or Veggie
Broccoli 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

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

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
Thursday
September 11, 2018

Featuring
Tomatoes

**Harvest of the
Month**



August
Tomatoes

September
Summer Squash



Prices

| | | | |
|--------------------|--------|----------------|--------|
| Breakfast | \$1.85 | Lunch | \$2.50 |
| Adult Breakfast | \$2.85 | Adult Lunch | \$4.20 |

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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Wed., Aug. 29

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Aug 30

Hearty Oatmeal w/ Hard Boiled Egg
Fresh Fruit
Milk

Fri., Aug 31

Ham & Cheese Bagel
Fresh Fruit
Milk

Mon., Sept 3

No School Labor Day

Tues., Sept 4

Fruit Filled Muffin w/ Hard Boiled Egg
Fresh Fruit
Milk

Wed., Sept 5

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Sept. 6

Hearty Oatmeal w/ Hard Boiled Egg
Fresh Fruit
Milk

Fri., Sept. 7

Sausage & Cheese Muffin
Fresh Fruit
Milk

Mon., Sept 10

French Toast Sticks
Fresh Fruit
Milk

Tues., Sept 11

Fruit Filled Muffin w/ Hard Boiled Egg
Fresh Fruit
Milk

Wed., Sept 12

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs, Sept 13

Hearty Oatmeal w/ Hard Boiled Egg
Fresh Fruit
Milk

Fri., Sept 14

Ham & Cheese Bagel
Fresh Fruit
Milk

Mon., Sept 17

French Toast Sticks
Fresh Fruit
Milk

Tues., Sept 18

Fruit Filled Muffin w/ Hard Boiled Egg
Fresh Fruit
Milk

Wed., Sept 19

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs, Sept 20

Hearty Oatmeal w/ Hard Boiled Egg
Fresh Fruit
Milk

Fri., Sept 21

Sausage & Cheese Muffin
Fresh Fruit
Milk

Mon., Sept 24

French Toast Sticks
Fresh Fruit
Milk

Tues., Sept 25

Fruit Filled Muffin w/ Hard Boiled Egg
Fresh Fruit
Milk

Wed., Sept 26

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs, Sept 27

Hearty Oatmeal w/ Hard Boiled Egg
Fresh Fruit
Milk

Fri., Sept 28

Ham & Cheese Bagel
Fresh Fruit
Milk



Barstow Memorial School Breakfast August/September 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 your School Meal Program?

Please contact The Abbey Group Vice President of Operations Scott Choiniere
scott@abbeygroup.net



Prices

| | | | |
|-----------------|--------|-------------|--------|
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| Adult Breakfast | \$2.85 | Adult Lunch | \$4.20 |

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>

