



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



Castleton Elementary School
Lunch
November 2017



Wed., Nov. 1

Chef's Choice Pizzas
Pepperoni, Cheese or Veggie
Fresh Celery Sticks
Fresh Fruit & Veggie Bar

Thurs., Nov. 2

Taste Test Event
Cheesy Ravioli Bake
Garlic Breadstick
Fresh Fruit & Veggie Bar

Fri., Nov. 3

Chicken & Biscuits
Steamed Peas
Fresh Fruit & Veggie Bar

Mon., Nov. 6

Oven Baked Chicken Nuggets w/Dipping Sauce
Roasted Sweet Potato Wedges
Dinner Roll
Fresh Fruit & Veggie Bar

Tues., Nov. 7

Taco Bar w/WG Soft Shell Tortilla
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed., Nov. 8

Hearty Chili
Cheesy Breadsticks w/Marinara
Fresh Fruit & Veggie Bar

Thurs., Nov. 9

Spaghetti w/ Meat Sauce
Garlic Breadstick
Fresh Fruit & Veggie Bar

Fri., Nov. 10

No School

Mon., Nov. 13

Oven Baked BBQ Chicken
Garden Pasta Salad
Dinner Roll
Fresh Fruit & Veggie Bar

Tues., Nov. 14

Nachos Supreme
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed., Nov. 15

Chef's Choice Pizzas
Pepperoni, Cheese or Veggie
Broccoli Salad
Fresh Fruit & Veggie Bar

Thurs., Nov. 16

Thanksgiving Feast
Oven Roasted Turkey
Chef's Mashed Potato w/Gravy, Stuffing
Steamed Peas
Chilled Cranberry
Dinner Roll
Holiday Dessert
Fresh Fruit

Fri., Nov. 17

Buffalo Chicken Flatbread
Caesar Salad
Fresh Fruit & Veggie Bar

Mon., Nov. 20

Birthday Celebration
Fish Sticks w/ Tartar Sauce
Hand Cut French Fries
Dinner Roll
Fresh Fruit & Veggie Bar

Tues., Nov. 21

Grilled Cheese Sandwich
Chicken Noodle Soup
Fresh Fruit & Veggie Bar

Wed., Nov. 22

No School

Thurs., Nov. 23

No School

Fri., Nov. 24

No School

Mon., Nov. 26

Dress Your Own Burger
Hand Cut French Fries
Fresh Fruit & Veggie Bar

Tues., Nov. 28

Layered Chicken Bowl (Mashed Potato, Corn, Chicken Nuggets, Gravy)
Garlic Breadstick
Fresh Fruit & Veggie Bar

Wed., Nov. 29

Chef's Choice Pizzas
Pepperoni, Cheese or Veggie
Caesar Salad
Fresh Fruit & Veggie Bar

Thurs., Nov. 30

Oven Baked BBQ Chicken
Roasted Sweet Potato Wedges
Dinner Roll
Fresh Fruit & Veggie Bar



Daily Lunch Offerings:
Main Meal or
Cabot Yogurt Parfait or Deli Sandwich
Offered with all Meals
Fresh Fruit & Veggie Bar & Vegetable Soup
Hood Milk: Skim, 1% white or Fat-Free Chocolate

Taste Test Event
Thursday
November 2, 2017

Featuring
Sweet Potato Hummus

Harvest of the Month
November

Sweet Potatoes



Prices

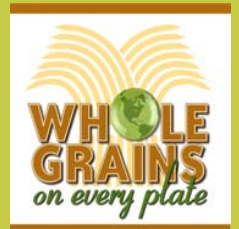
Breakfast	\$1.50	Lunch	\$2.70
Adult Breakfast	\$2.50	Adult Lunch	\$3.75
	Milk \$.50		

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

Local Products Used when available

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





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



Wed., Nov. 1

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Nov. 2

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Nov. 3

Whole Grain Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk

Mon., Nov. 6

Whole Grain French Toast Sticks
Fresh Fruit
Milk

Tues., Nov. 7

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Nov. 8

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Nov. 9

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Nov. 10

No School

Mon., Nov. 13

Whole Grain French Toast Sticks
Fresh Fruit
Milk

Tues., Nov. 14

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Nov. 15

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Nov. 16

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Nov. 17

Whole Grain Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk

Mon., Nov. 20

Whole Grain French Toast Sticks
Fresh Fruit
Milk

Tues., Nov. 21

Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Nov. 22

No School

Thurs., Nov. 23

No School

Fri., Nov. 24

No School

Mon., Nov. 26

Whole Grain French Toast Sticks
Fresh Fruit
Milk

Tues., Nov. 28

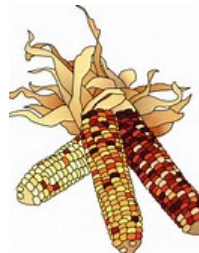
Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Nov. 29

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Nov. 30

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk



Castleton Elementary School Breakfast November 2017

DAILY BREAKFAST OPTIONS

Sausage & Cheese Muffin
Ham & Cheese Bagel
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 your School Meal Program?

Please contact The Abbey Group Vice President of Operations
Scott Choiniere

scott@abbeygroup.net



Prices

Breakfast	\$1.50	Lunch	\$2.70
Adult Breakfast	\$2.50	Adult 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**

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>

