



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



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

**Birth Day 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

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

Mon., Sept. 24

Spaghetti w/ Homemade Meat Sauce Baker's Pride Garlic Breadstick 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

Grilled Cheese Sandwich From Scratch Creamy Tomato Soup 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



Castleton Elementary School  
Lunch  
August/September 2018

**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  
September 11, 2018

Featuring  
Tomatoes

**Harvest of the Month**



**August**  
Tomatoes

**September**  
Summer Squash



**Prices**

Breakfast	\$1.50	Lunch	\$2.80
Adult Breakfast	\$2.60	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**

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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**Castleton Elementary School  
Breakfast**  
August/September 2018



**Wed., Aug. 29**

Scrambled  
Egg & Cheese  
Wrap  
  
Fresh Fruit  
  
Milk

**Thurs., Aug 30**

Ultimate  
Breakfast  
Round  
  
Fresh Fruit  
  
Milk

**Fri., Aug 31**

Fruit Filled  
Muffin w/  
Cheese Stick  
  
Fresh Fruit  
  
Milk

**Mon., Sept 3**

**No  
School  
Labor  
Day**

**Tues., Sept 4**

Egg & Cheese  
Biscuit  
  
Fresh Fruit  
  
Milk

**Wed., Sept 5**

Scrambled  
Egg & Cheese  
Wrap  
  
Fresh Fruit  
  
Milk

**Thurs., Sept. 6**

Ultimate  
Breakfast  
Round  
  
Fresh Fruit  
  
Milk

**Fri., Sept. 7**

Fruit Filled  
Muffin w/  
Cheese Stick  
  
Fresh Fruit  
  
Milk

**Mon., Sept 10**

French Toast  
Sticks  
  
Fresh Fruit  
  
Milk

**Tues., Sept 11**

Egg & Cheese  
Biscuit  
  
Fresh Fruit  
  
Milk

**Wed., Sept 12**

Scrambled  
Egg & Cheese  
Wrap  
  
Fresh Fruit  
  
Milk

**Thurs, Sept 13**

Ultimate  
Breakfast  
Round  
  
Fresh Fruit  
  
Milk

**Fri., Sept 14**

Fruit Filled  
Muffin w/  
Cheese Stick  
  
Fresh Fruit  
  
Milk

**Mon., Sept 17**

French Toast  
Sticks  
  
Fresh Fruit  
  
Milk

**Tues., Sept 18**

Egg & Cheese  
Biscuit  
  
Fresh Fruit  
  
Milk

**Wed., Sept 19**

Scrambled  
Egg & Cheese  
Wrap  
  
Fresh Fruit  
  
Milk

**Thurs, Sept 20**

Ultimate  
Breakfast  
Round  
  
Fresh Fruit  
  
Milk

**Fri., Sept 21**

**Early Release**  
Fruit Filled  
Muffin w/  
Cheese Stick  
Fresh Fruit  
Milk

**Mon., Sept 24**

French Toast  
Sticks  
  
Fresh Fruit  
  
Milk

**Tues., Sept 25**

Egg & Cheese  
Biscuit  
  
Fresh Fruit  
  
Milk

**Wed., Sept 26**

Scrambled  
Egg & Cheese  
Wrap  
  
Fresh Fruit  
  
Milk

**Thurs, Sept 27**

Ultimate  
Breakfast  
Round  
  
Fresh Fruit  
  
Milk

**Fri., Sept 28**

Fruit Filled  
Muffin w/  
Cheese Stick  
Fresh Fruit  
Milk

**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	\$2.80
Adult Breakfast	\$2.60	Adult Lunch	\$3.75
	Milk \$0.50		

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