



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



**Leland & Gray High School
Lunch
October 2017**

Mon., Oct. 2	Tues., Oct. 3	Wed., Oct. 4	Thurs., Oct. 5	Fri., Oct. 6
Oven Baked Fish Sandwich Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	Taco Bar Hard or Soft Shell Rice Pilaf Fresh Fruit & Veggie Bar	Layered Chicken Bowl (Mashed Potato, Corn, Chicken Nuggets, Gravy) Garlic Breadstick Fresh Fruit & Veggie Bar	Cheesy Ravioli Bake Garlic Breadstick Fresh Fruit & Veggie Bar	BBQ Pork Sandwich Creamy Coleslaw Fresh Fruit & Veggie Bar
Mon., Oct. 9	Tues., Oct. 10	Wed., Oct. 11	Thurs., Oct. 12	Fri., Oct. 13
No School	Taste Test Beef Nachos Supreme Spanish Rice Fresh Fruit & Veggie Bar	Homemade Inside Out Cheeseburger Kale Chips Fresh Fruit & Veggie Bar	Oven Baked BBQ Chicken Garden Pasta Salad Dinner Roll Fresh Fruit & Veggie Bar	Pancakes w/ <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar
Mon., Oct. 16	Tues., Oct. 17	Wed., Oct. 18	Thurs., Oct. 19	Fri., Oct. 20
Pig in a Blanket (Hot Dog Wrapped in Bread Dough) Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar	Chicken Fajitas w/Sautéed Onions & Peppers Rice Pilaf Fresh Fruit & Veggie Bar	Minestrone Soup w/Fresh Kale Cheesy Breadsticks w/Marinara Fresh Fruit & Veggie Bar	Early Release Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	Harvest Fest Shepherd's Pie w/Local Potatoes Roasted Local Root Vegetables Dinner Roll Harvest Desert Fruit & Veg Bar
Mon., Oct. 23	Tues., Oct. 24	Wed., Oct. 25	Thurs., Oct. 26	Fri., Oct. 27
Meatball Sub Kale Pesto Pasta Fresh Fruit & Veggie Bar	BirthDay Celebration Creamy Macaroni & Cheese Cornbread Fresh Fruit & Veggie Bar	Chicken Gyro w/Tzatziki Sauce Greek Cucumber Salad <i>Local Corn on the Cob</i> Fresh Fruit & Veggie Bar	Oven Roasted Hot Turkey Sandwich Chef's Mashed Potato Fresh Fruit & Veggie Bar	Grilled Ham & Cheese Sandwich From Scratch Chicken Noodle Soup Fresh Fruit & Veggie Bar
Mon., Oct. 30	Tues., Oct. 31			
Philly Steak & Cheese Sub w/Sautéed Onions & Peppers Hand Cut French Fries Fresh Fruit & Veggie Bar	Oven Baked BBQ Chicken Rice Pilaf Dinner Roll Fresh Fruit & Veggie Bar			

Daily Lunch Offerings:

Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich or
Pizza Or Express

Offered with all Meals

Fresh Fruit & Veggie Bar & Vegetable Soup
Fresh Fruit (Full cup offered daily)
Hood Milk: Skim, 1% white or Fat-Free Chocolate

Taste Test Event
Tuesday
October 10, 2017

Featuring
Kale Chips

**Harvest of the Month
October
Kale**



Prices

Breakfast \$1.75	Lunch \$2.85
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





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Mon., Oct. 2	Tues., Oct. 3	Wed., Oct. 4	Thurs., Oct. 5	Fri., Oct. 6
Homemade Pancakes w/Syrup Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk
Mon., Oct. 9	Tues., Oct. 10	Wed., Oct. 11	Thurs., Oct. 12	Fri., Oct. 13
No School	Whole Grain Cinnamon Roll Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Homemade Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk
Mon., Oct. 16	Tues., Oct. 17	Wed., Oct. 18	Thurs., Oct. 19	Fri., Oct. 20
Homemade Pancakes w/Syrup Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Early Release Homemade Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk
Mon., Oct. 23	Tues., Oct. 24	Wed., Oct. 25	Thurs., Oct. 26	Fri., Oct. 27
Whole Grain French Toast Sticks Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Homemade Fruit Filled Muffin w/ Cheese Stick Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk
Mon., Oct. 30	Tues., Oct. 31			
Homemade Pancakes w/Syrup Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk			



Leland & Gray High School Breakfast October 2017

DAILY BREAKFAST OPTIONS

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



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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?
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