



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



**Oxbow Union High School  
Lunch  
November 2017**



**Wed., Nov. 1**

BBQ Pulled  
Pork Sandwich  
Creamy  
Coleslaw  
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 Tenders  
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 Beef  
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**

Buffalo Chicken  
Dip w/Tortilla  
Chips  
Garden Pasta  
Salad  
Fresh Fruit &  
Veggie Bar

**Tues., Nov. 14**

Nachos  
Supreme  
Rice Pilaf  
Fresh Fruit &  
Veggie Bar

**Wed., Nov. 15**

Steak &  
Cheese  
Flatbread  
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**

Pancakes w/  
*Local Maple Syrup*  
**Fresh Cut Sweet  
& White Home  
Fries**  
Sausage Links  
Fresh Fruit &  
Veggie Bar

**Mon., Nov. 20**

Pork  
Fried Rice  
Steamed  
Broccoli  
Dinner Roll  
Fresh Fruit &  
Veggie Bar

**Tues., Nov. 21**

**Birthday  
Celebration**  
Fish Tacos  
w/Toppings  
Rice Pilaf  
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  
Bacon  
Cheeseburger  
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**

Ham & Cheese  
Calzone  
w/Marinara Dipping  
Sauce  
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 Bar or Express Lane or  
Grab & Go Sandwiches and Salads  
Homemade Pizza or  
Vegetarian Option

**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  
Thursday  
November 2, 2017**

Featuring  
Sweet Potatoes

**Harvest of  
the Month  
November**

Sweet  
Potatoes



**Prices**

Breakfast	\$1.75	Lunch	\$2.75
Adult Breakfast	\$2.75	Adult Lunch	\$3.50
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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Wed., Nov. 1

Scrambled Egg & Cheese Wrap  
Fresh Fruit  
Milk

Thurs., Nov. 2

Healthy Whole Grain Breakfast Round  
Fresh Fruit  
Milk

Fri., Nov. 3

Sausage & Cheese Muffin  
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

Sausage & Cheese Muffin  
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



## Oxbow Union High School Breakfast November 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



### Prices

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Adult Breakfast	\$2.75	Adult Lunch	\$3.50
	Milk \$0.50		

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