



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



**Sudbury Country School
Lunch
November 2017**



Wed., Nov. 1

Chef's Choice Pizzas
Pepperoni, Cheese or Veggie
Fresh Celery Sticks
w/Hummus Dip

Thurs., Nov. 2

Taste Test Event
Cheesy Ravioli Bake
Garlic Breadstick
Caesar Salad

Fri., Nov. 3

Chicken & Biscuits

Steamed Peas

Creamy Coleslaw

Mon., Nov. 6

Oven Baked Chicken Nuggets
w/Dipping Sauce
Roasted Sweet Potato Wedges
Baked Beans
Dinner Roll

Tues., Nov. 7

Taco Bar
w/WG Soft Shell Tortilla

Rice Pilaf
Steamed Corn

Wed., Nov. 8

Hearty Beef Chili
Cheesy Breadsticks
w/Marinara
Steamed Broccoli

Thurs., Nov. 9

Spaghetti w/ Meat Sauce
Garlic Breadstick
Steamed Green Beans

Fri., Nov. 10

No School

Mon., Nov. 13

Oven Baked BBQ Chicken
Garden Pasta Salad
Steamed Carrots
Dinner Roll

Tues., Nov. 14

Nachos Supreme

Rice Pilaf
Black Bean & Corn Salad

Wed., Nov. 15

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

Thurs., Nov. 16

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

Fri., Nov. 17

Pancakes w/ Local Maple Syrup
Fresh Cut Sweet & White Home Fries
Sausage Links
Fresh Celery
w/Hummus Dip

Mon., Nov. 20

Pork Fried Rice
w/ Peas & Carrots
Steamed Broccoli

Dinner Roll

Tues., Nov. 21

Birthday Celebration
Fish Tacos
w/Coleslaw

Rice Pilaf
Steamed Corn

Wed., Nov. 22

No School

Thurs., Nov. 23

No School

Fri., Nov. 24

No School

Mon., Nov. 26

Dress Your Own Burger
w/Lettuce & Tomato

Hand Cut French Fries

Tues., Nov. 28

Layered Chicken Bowl
(Mashed Potato, Corn, Chicken Nuggets, Gravy)
Garlic Breadstick
Baked Beans

Wed., Nov. 29

Chef's Choice Pizzas
Pepperoni, Cheese or Veggie
Fresh Carrot Sticks
w/Hummus Dip

Thurs., Nov. 30

Oven Baked BBQ Chicken
Roasted Sweet Potato Wedges
Caesar Salad
Dinner Roll



Daily Lunch Offerings:

Main Meal
Deli Sandwich

Offered with all Meals

Fresh Fruit

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	\$2.40
Adult Breakfast	\$2.75	Adult Lunch	\$4.10

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

Ham & Cheese Bagel
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

Whole Grain Fruit Filled Muffin w/ Cheese Stick
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

Ham & Cheese Bagel
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

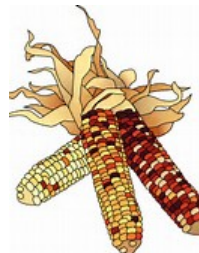
Whole Grain Cinnamon Roll
Fresh Fruit
Milk

Wed., Nov. 29

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Nov. 30

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk



Sudbury Country 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

Breakfast	\$1.75	Lunch	\$2.40
Adult Breakfast	\$2.75	Adult Lunch	\$4.10
	Milk \$0.50		

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