



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



Maple Fest Week
3/19-3/23



St. Patrick's Day Meal
March 16, 2018

Thurs. March 1

No
School

Fri., March 2

No
School

Mon., March 5

No
School

Tues., March 6

No
School

Wed., March 7

BBQ Pork
Sandwich
Creamy
Coleslaw
Fresh Fruit &
Veggie Bar

Thurs. March 8

Taste Test Event
Sloppy Joes
Roasted Sweet
Potato Wedges
Fresh Fruit &
Veggie Bar

Fri., March 9

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

Mon. March 12

Chicken Patty
Sandwich
Lettuce & Tomato
Oven Baked
French Fries
Fresh Fruit &
Veggie Bar

Tues. March 13

Nachos
Supreme
Rice Pilaf
Fresh Fruit &
Veggie Bar

Wed. March 14

Cheesy
Breadsticks
w/ Marinara
Sauce
Minestrone Soup
Fresh Fruit &
Veggie Bar

Thur March 15

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

Fri., March 16

St. Patrick's Day
Lunch
Luck of the Irish
Shepherd's Pie
Shamrock
Maple Muffin
Fresh Fruit &
Veggie Bar

Mon. March 19

Maple Fest Week
Dress Your
Own Burger
Maple
Seasoned
Parsnips
Fresh Fruit &
Veggie Bar

Tues. March 20

Maple Fest Week
Taco Bar w/
Soft Shell Tortilla
Rice Pilaf
Maple Sundaes
Fresh Fruit &
Veggie Bar

Wed March 21

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

Thurs March 22

Maple Fest Week
Creamy
Macaroni
& Cheese
Maple Muffin
Fresh Fruit &
Veggie Bar

Fri., March 23

Maple Fest Week
Homemade
Meatloaf
Chef's Mashed Potato
Maple Glazed
Carrots
Fresh Fruit &
Veggie Bar

Mon. March 26

Meatball
Sub
Baked Potato
w/Toppings
Fresh Fruit &
Veggie Bar

Tues. March 27

Chicken Fajitas
w/Onions & Peppers
Rice Pilaf
Fresh Fruit &
Veggie Bar

Wed. March 28

Birthday Celebration
General Tso's
Chicken served
Over Rice
Steamed Broccoli
Dinner Roll
Fresh Fruit &
Veggie Bar

Thurs March 29

Hot Turkey
Sandwich
w/Gravy
Hand Cut
French Fries
Fresh Fruit &
Veggie Bar

Fri., March 30

No
School



Swanton Central School
Lunch
March 2018

Daily Lunch Offerings:

Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich or
Pizza or Express or Grab & Go

Express Options:

Monday: Oven Baked Corn Dog
Tuesday: Chicken Nuggets
Wednesday: Cheeseburger
Thursday: Dress Your Own Hot Dog
Friday: Chicken Patty Sandwich

Offered with all Meals
Fresh Fruit & Veggie Bar
& Vegetable Soup
Hood Milk: Skim, 1% white or

Taste Test Event
Thursday
March 8, 2018

Featuring
Maple

Harvest of
the Month
March
Maple



Prices

Breakfast	\$0.00	Lunch	\$2.45
Adult		Adult	
Breakfast	\$2.00	Lunch	\$3.60
		Milk	\$0.50

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
Green Mtn. Farm Direct-Local Produce
Bergeon & Son's Produce





Thurs. March 1

No School

Fri., March 2

No School

Mon., March 5

No School

Tues., March 6

No School

Wed., March 7

Assorted Cold Cereal w/ Graham Crackers
Fresh Fruit
Milk

Thurs. March 8

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., March 9

Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk

Mon. March 12

Whole Grain Breakfast Bar
Fresh Fruit
Milk

Tues. March 13

Yogurt w/Home Made Granola
Fresh Fruit
Milk

Wed. March 14

Assorted Cold Cereal w/ Graham Crackers
Fresh Fruit
Milk

Thur March 15

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., March 16

Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk

Mon. March 19

Whole Grain Breakfast Bar
Fresh Fruit
Milk

Tues. March 20

Yogurt w/Home Made Granola
Fresh Fruit
Milk

Wed March 21

Assorted Cold Cereal w/ Graham Crackers
Fresh Fruit
Milk

Thurs March 22

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., March 23

Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk

Mon. March 26

Whole Grain Breakfast Bar
Fresh Fruit
Milk

Tues. March 27

Yogurt w/Home Made Granola
Fresh Fruit
Milk

Wed. March 28

Assorted Cold Cereal w/ Graham Crackers
Fresh Fruit
Milk

Thurs March 29

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., March 30

No School



Swanton Central School
Breakfast
March 2018

Breakfast Free to all Students
100% Fruit Juice or Fresh Fruit

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 our School Meal Program?
Please contact The Abbey Group Vice President of Operations Scott Choiniere
scott@abbeygroup.net



Prices

Breakfast	\$0.00	Lunch	\$2.45
Adult Breakfast	\$2.00	Adult Lunch	\$3.60

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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>

National School Breakfast Week
March 5-9, 2018



I  SCHOOL BREAKFAST

