



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



North Country Junior
Union High School Lunch
August/September 2018



| Mon., Aug. 27 | Tues., Aug. 28 | Wed., Aug. 29 | Thurs., Aug. 30 | Fri., Aug. 31 |
|--|---|--|---|--|
| Welcome 7th Graders Pam's Fabulous Pizza (Cheese, Pepperoni, Veggie & Buffalo Chicken) Caesar Salad Chilled Watermelon | BBQ Chicken w/Tortilla Chips Steamed Corn Fresh Fruit & Veggie Bar | Hearty Chili Dogs Broccoli Salad Fresh Fruit & Veggie Bar | Spaghetti w/ Homemade Meat Sauce Baker's Pride Garlic Breadstick Fresh Fruit & Veggie Bar | Pancakes w/ <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar |
| Mon., Sept. 3 | Tues., Sept. 4 | Wed., Sept. 5 | Thurs., Sept. 6 | Fri., Sept. 7 |
| No School Labor Day | Cape Cod Crusted Fish & Chips (French Fries) Rice Pilaf Fresh Fruit & Veggie Bar | Bacon Cheeseburger Zucchini Parmesan Fresh Fruit & Veggie Bar | Cheesy Ravioli Bake Baker's Pride Garlic Breadsticks Fresh Fruit & Veggie Bar | Birthday Celebration Slow Roasted BBQ Pork Sandwich Creamy Coleslaw Fresh Fruit & Veggie Bar |
| Mon., Sept. 10 | Tues., Sept. 11 | Wed., Sept. 12 | Thurs. Sept. 13 | Fri., Sept. 14 |
| Meatball Sub French Fries Corn on the Cob Fresh Fruit & Veggie Bar | Taste Test Event Nachos w/ The Works (Ground Beef, Tortilla Chips, Homemade Cheese Sauce & Salsa) Rice Pilaf Fresh Fruit & Veggie Bar | Chicken & Cheese Quesadilla w/Salsa Rice Pilaf Fresh Fruit & Veggie Bar | Creamy Macaroni & Cheese Homemade Cornbread Fresh Fruit & Veggie Bar | Maple Apple French Toast Bake <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar |
| Mon., Sept. 17 | Tues., Sept. 18 | Wed., Sept. 19 | Thurs. Sept. 20 | Fri., Sept. 21 |
| Seasoned Chicken Breast Tenders w/Dipping Sauce Roasted Sweet Potato Wedges Dinner Roll Fresh Fruit & Veggie Bar | Taco Bar w/ Soft Shell Homemade Salsa w/Fresh Tomatoes Rice Pilaf Fresh Fruit & Veggie Bar | Homemade Goulash Baker's Pride Garlic Breadsticks Fresh Fruit & Veggie Bar | Shepherd's Pie (Hamburger, Corn & Mashed Potato) Dinner Roll Fresh Fruit & Veggie Bar | Early Release Grilled Ham & Cheese Sandwich Creamy Tomato Soup Fresh Fruit & Veggie Bar |
| Mon., Sept. 24 | Tues., Sept. 25 | Wed., Sept. 26 | Thurs. Sept. 27 | Fri., Sept. 28 |
| Philly Steak & Cheese Sub w/Sautéed Onions & Peppers Hand Cut French Fries Fresh Fruit & Veggie Bar | Chicken & Cheese Quesadilla w/Salsa Rice Pilaf Fresh Fruit & Veggie Bar | Sloppy Joe Garden Pasta Salad Fresh Fruit & Veggie Bar | Spaghetti w/ Meat Sauce Baker's Pride Garlic Breadsticks Fresh Fruit & Veggie Bar | Hearty Chicken & Biscuits Steamed Peas Fresh Fruit & Veggie Bar |

Daily Lunch Offerings:
Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich or Express Lane
Grab & Go Sandwiches and Salads
Homemade Pizza or
Vegetarian Option

Taste Test Event
Thursday
September 11, 2018

Featuring
Tomatoes

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

Harvest of the Month
 **August**
Tomatoes
September
Summer Squash


| | Prices | | |
|-----------------|------------|-------------|--------|
| Breakfast | \$1.50 | Lunch | \$3.00 |
| Adult Breakfast | \$2.50 | Adult Lunch | \$3.70 |
| | 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



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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Tues., Aug. 28

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Sausage Wrapped in Pancake

Wed., Aug. 29

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Asst. Cereal w/ Cheese Stick

Thurs., Aug 30

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Twin Cinnamon Buns

Fri., Aug 31

Bacon Cheddar Biscuit
Ham & Cheese Bagel, Blueberry Muffin w/Cheese Stick

Mon., Sept 3

No School Labor Day

Tues., Sept 4

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Sausage Wrapped in Pancake

Wed., Sept 5

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Asst. Cereal w/ Cheese Stick

Thurs., Sept 6

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Twin Cinnamon Buns

Fri., Sept 7

Bacon Cheddar Biscuit
Ham & Cheese Bagel, Blueberry Muffin w/Cheese Stick

Mon., Sept 10

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Banana Bread

Tues., Sept 11

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Sausage Wrapped in Pancake

Wed., Sept 12

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Asst. Cereal w/ Cheese Stick

Thurs, Sept 13

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Twin Cinnamon Buns

Fri., Sept 14

Bacon Cheddar Biscuit
Ham & Cheese Bagel, Blueberry Muffin w/Cheese Stick

Mon., Sept 17

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Banana Bread

Tues., Sept 18

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Sausage Wrapped in Pancake

Wed., Sept 19

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Asst. Cereal w/ Cheese Stick

Thurs, Sept 20

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Twin Cinnamon Buns

Fri., Sept 21

Early Release Bacon Cheddar Biscuit
Ham & Cheese Bagel, Blueberry Muffin w/Cheese Stick

Mon., Sept 24

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Banana Bread

Tues., Sept 25

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Sausage Wrapped in Pancake

Wed., Sept 26

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Asst. Cereal w/ Cheese Stick

Thurs, Sept 27

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Twin Cinnamon Buns

Fri., Sept 28

Bacon Cheddar Biscuit
Ham & Cheese Bagel, Blueberry Muffin w/Cheese Stick



North Country Junior Union High School Breakfast
August/September 2018

Breakfast in the Classroom

Each Meal Served w/Your Choice of:

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 your School Meal Program?

Please contact The Abbey Group Vice President of Operations Scott Choiniere

scott@abbeygroup.net



| | Prices | | |
|-----------------|------------|-------------|--------|
| Breakfast | \$1.50 | Lunch | \$3.00 |
| Adult Breakfast | \$2.50 | Adult Lunch | \$3.70 |
| | Milk \$.50 | | |

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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>

