



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



**North Country Junior
Union High School Lunch
August/September 2017**

Mon., Aug. 28

**7th Grade
Orientation**
Dress Your Own
Burger
Garden Pasta
Salad
Fresh Fruit &
Veggie Bar

Tues., Aug. 29

Meatball
Sub
Hand Cut
French Fries
Fresh Fruit &
Veggie Bar

Wed., Aug 30

Open Face
Buffalo Chicken
Calzone
Broccoli Salad
Fresh Fruit &
Veggie Bar

Thurs., Aug 31

Taste Test
Spaghetti w/
Meat or Marinara
Sauce
Garlic Breadstick
Fresh Fruit &
Veggie Bar

Fri., Sept. 1

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

Mon., Sept. 4

**Labor
Day**

Tues., Sept. 5

Pig in a Blanket
(Hot Dog Wrapped in
Dough)
Roasted Fresh
Sweet Potato
Wedges
Fresh Fruit &
Veggie Bar

Wed., Sept. 6

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

Thurs., Sept. 7

Homemade
Shepherd's Pie
Baker's Hand
Rolled Dinner Roll
**Roasted Zucchini
Sticks**
Fresh Fruit &
Veggie Bar

Fri., Sept. 8

**Birthday
Celebration**
Slow Roasted
BBQ Pork
Sandwich
Creamy Coleslaw
Fresh Fruit &
Veggie Bar

Mon., Sept. 11

**Chef Jesse's
Chicken &
Waffles**
Mashed Potato
Seasoned Corn &
Syrup
Fresh Fruit &
Veggie Bar

Tues., Sept. 12

Creamy
Macaroni &
Cheese
Homemade
Cornbread
Fresh Fruit &
Veggie Bar

Wed., Sept. 13

Steak & Cheese
Flatbread
**Zucchini
Parmesan**
Fresh Fruit &
Veggie Bar

Thurs, Sept. 14

Chef Jesse's
Roasted Turkey,
Cheddar &
Cranberry Wrap
Hand Cut Fries
Fresh Fruit &
Veggie Bar

Fri., Sept. 15

**Maple Apple
French Toast
Bake**
Local Maple Syrup
Fresh Cut Sweet &
White Home Fries
Fresh Fruit &
Veggie Bar

Mon., Sept. 18

Seasoned Chicken
Breast Tenders
w/Dipping Sauce
Mashed Potato w/
Gravy
Dinner Roll
Fresh Fruit &
Veggie Bar

Tues., Sept. 19

Taco Bar w/
Soft Shell
**Homemade Salsa
w/Fresh Tomatoes**
Fresh Fruit &
Veggie Bar

Wed., Sept. 20

Chipotle Chicken
& Cheese
Flatbread Melt
**Local Corn
on the Cob**
Fresh Fruit &
Veggie Bar

Thurs, Sept. 21

Homemade
Goulash
Garlic Breadstick
**Seasoned
Summer Squash**
Fresh Fruit &
Veggie Bar

Fri., Sept. 22

Early Release
Grilled Ham &
Cheese Sandwich
Chicken Noodle
Soup
Fresh Fruit &
Veggie Bar

Mon., Sept. 25

Philly Steak &
Cheese Sub
w/Sautéed Onions &
Peppers
Hand Cut
French Fries
Fresh Fruit &
Veggie Bar

Tues., Sept. 26

Layered
Chicken Bowl
(Chicken Nuggets,
Mashed Potato, Corn,
Cheese & Gravy)
Homemade Corn
Muffin
Fresh Fruit &
Veggie Bar

Wed., Sept. 27

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

Thurs, Sept. 28

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

Fri., Sept. 29

Pork Fried Rice
Steamed
Broccoli
Dinner Roll
Fortune Cookie
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

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



Local Products Used
when available

*Items in bold and
italicized are
Local Products*

**Items in Bold and
Underlined are
Harvest of the
Month & Feed Items**

All items in Bold are
Recipes from the
New School Cuisine
Cookbook created
by
Vermont FEED



Prices			
Breakfast	\$1.50	Lunch	\$3.00
Adult Breakfast	\$1.75	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**

**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





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

Mon, Aug. 29

7th Grade Orientation
Sausage & Cheese English Muffin, Ham & Cheese Bagel, Banana Bread

Tues., Aug. 29

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

Wed., Aug 30

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

Thurs., Aug 31

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

Fri., Sept. 1

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

Mon., Sept. 4

Labor Day

Tues., Sept. 5

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

Wed., Sept. 6

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

Thurs., Sept. 7

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

Fri., Sept. 8

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

Mon., Sept. 11

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

Tues., Sept. 12

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

Wed., Sept. 13

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

Thurs, Sept. 14

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

Fri., Sept. 15

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

Mon., Sept. 18

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

Tues., Sept. 19

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

Wed., Sept. 20

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

Thurs, Sept. 21

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

Fri., Sept. 22

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

Mon., Sept. 25

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

Tues., Sept. 26

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

Wed., Sept. 27

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

Thurs, Sept. 28

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

Fri., Sept. 29

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



North Country Junior Union High School Breakfast
August/September 2017

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

Prices

Breakfast	\$1.50	Lunch	\$3.00
Adult Breakfast	\$1.75	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

Questions or Comments regarding your School Meal Program?

Please contact The Abbey Group Vice President of Operations
Scott Choiniere

scott@abbeygroup.net



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>

