



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



North Country Junior
Union High School Lunch
January 2018

Mon., Jan. 1	Tues., Jan. 2	Wed., Jan. 3	Thurs., Jan. 4	Fri., Jan. 5
No School	BBQ Chicken Sandwich w/Lettuce & Tomato Seasoned Potato Wedges Fresh Fruit & Veggie Bar	Open Face Buffalo Chicken Calzone Caesar Salad Fresh Fruit & Veggie Bar	Spaghetti w/ Meat Sauce Garlic Breadstick Fresh Fruit & Veggie Bar	Pancakes w/ Local Maple Syrup Fresh Cut Sweet & White Home Fries Sausage Links Fresh Fruit & Veggie Bar
Mon., Jan. 8	Tues., Jan. 9	Wed., Jan. 10	Thurs., Jan. 11	Fri., Jan. 12
Chicken & Biscuits Steamed Peas & Carrots Fresh Fruit & Veggie Bar	Chicken Fajitas w/Onions & Peppers Rice Pilaf Fresh Fruit & Veggie Bar	Chipotle Chicken & Cheese Flatbread Melt Roasted Broccoli Fresh Fruit & Veggie Bar	Oven Baked Goulash Garlic Breadstick Fresh Fruit & Veggie Bar	BBQ Pork Sandwich Creamy Coleslaw Fresh Fruit & Veggie Bar
Mon., Jan. 15	Tues., Jan. 16	Wed., Jan. 17	Thurs., Jan. 18	Fri., Jan. 19
No School	Taste Test Event Nachos Supreme Rice Pilaf Fresh Fruit & Veggie Bar	Cheesy Breadsticks w/ Marinara Sauce Minestrone Soup Fresh Fruit & Veggie Bar	Macaroni & Cheese Cornbread Chopped Green Salad w/Buttermilk Ranch Dressing Fresh Fruit & Veggie Bar	Oven Baked BBQ Chicken Roasted Sweet Potato Wedges Dinner Roll Fresh Fruit & Veggie Bar
Mon., Jan. 22	Tues., Jan. 23	Wed., Jan. 24	Thurs., Jan. 25	Fri., Jan. 26
Oven Baked Chicken Tenders w/Dipping Sauce Garden Pasta Salad Fresh Fruit & Veggie Bar	BirthDay Celebration Taco Bar w/WG Soft Shell Tortilla Rice Pilaf Fresh Fruit & Veggie Bar	WG Steak & Cheese Flatbread Chopped Green Salad w/Buttermilk Ranch Dressing Fresh Fruit & Veggie Bar	Hot Turkey Sandwich w/ Gravy Mashed Potato Fresh Fruit & Veggie Bar	Grilled Ham & Cheese Sandwich Chicken Noodle Soup Fresh Fruit & Veggie Bar
Mon., Jan. 29	Tues., Jan. 30	Wed., Jan. 31		
Winter Beach Party Burgers & Hot Dogs w/Fixings Garden Pasta Salad Chilled Watermelon Frozen Sidekick Fresh Fruit & Veggie Bar	Chicken & Cheese Quesadilla Rice Pilaf Fresh Fruit & Veggie Bar	Ham & Cheese Calzone w/Marinara Dipping Sauce Caesar Salad 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

Taste Test Event
Tuesday
January 16, 2018

Featuring
Buttermilk

Harvest of the Month
January
Buttermilk
Ranch
Dressing

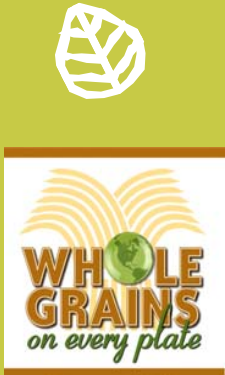
	Prices		
Breakfast	\$1.50	Lunch	\$3.00
Adult Breakfast	\$1.75	Adult Lunch	\$3.50
	Milk \$.50		

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

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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**North Country Junior
Union High School Breakfast
January 2018**

Mon., Jan. 1	Tues., Jan. 2	Wed., Jan. 3	Thurs., Jan. 4	Fri., Jan. 5
No School	Sausage & Cheese English Muffin, Ham & Cheese Bagel, Sausage Wrapped in Pancake	Sausage & Cheese English Muffin, Ham & Cheese Bagel, Asst. Cereal w/ Cheese Stick	Sausage & Cheese English Muffin, Ham & Cheese Bagel, Twin Cinnamon Buns	Bacon Cheddar Biscuit Ham & Cheese Bagel, Blueberry Muffin w/Cheese Stick
Mon., Jan. 8	Tues., Jan. 9	Wed., Jan. 10	Thurs., Jan. 11	Fri., Jan. 12
Sausage & Cheese English Muffin, Ham & Cheese Bagel, Banana Bread	Sausage & Cheese English Muffin, Ham & Cheese Bagel, Sausage Wrapped in Pancake	Sausage & Cheese English Muffin, Ham & Cheese Bagel, Asst. Cereal w/ Cheese Stick	Sausage & Cheese English Muffin, Ham & Cheese Bagel, Twin Cinnamon Buns	Bacon Cheddar Biscuit Ham & Cheese Bagel, Blueberry Muffin w/Cheese Stick
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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

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Questions or Comments regarding your School Meal Program?
Please contact The Abbey Group Vice President of Operations Scott Choiniere
scott@abbeygroup.net



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