



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

Chili Cheese  
Dog  
Garden Pasta  
Salad  
Fresh Fruit &  
Veggie Bar

Thurs. March 8

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

Fri., March 9

BBQ Pork  
Sandwich  
Creamy  
Coleslaw  
Fresh Fruit &  
Veggie Bar

Mon. March 12

Spaghetti w/  
Meat Sauce  
Garlic  
Breadstick  
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

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

Fri., March 16

Early Release  
Oven Baked  
Chicken Tenders  
w/Dipping Sauce  
French Fries  
Dinner Roll  
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  
Steak & Cheese  
Flatbread  
w/onion & pepper  
**Maple Glazed  
Carrots**  
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  
Pancakes w/  
Local Maple Syrup  
Sausage Links  
Sweet & White  
Home Fries  
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**  
Ham & Cheese  
Calzone  
w/Dipping Sauce  
Caesar Salad  
Fresh Fruit &  
Veggie Bar

Thurs March 29

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

Fri., March 30

No  
School



North Country Junior  
Union High School Lunch  
March 2018

### 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  
Thursday  
March 8, 2018

Featuring  
Maple

Harvest of  
the Month  
March  
Maple



### Prices

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

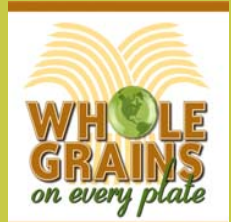
**Pay for meals on-line**  
**For free on-line service go to**  
<http://www.abbeygroup.net>  
**Search for Your School and Click the**  
**K12 Payment Center link**

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





Thurs. March 1

No School

Fri., March 2

No School

Mon., March 5

No School

Tues., March 6

No School

Wed., March 7

Sausage & Cheese English Muffin or Ham & Cheese Bagel or Yogurt & Granola Parfait

Thurs. March 8

Fruit Filled Muffin w/Cheese Stick or Ham & Cheese Bagel or Yogurt & Granola Parfait

Fri., March 9

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

Mon. March 12

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

Tues. March 13

Sausage Wrapped in Pancake or Ham & Cheese Bagel or Yogurt & Granola Parfait

Wed. March 14

Sausage & Cheese English Muffin or Ham & Cheese Bagel or Yogurt & Granola Parfait

Thur March 15

Fruit Filled Muffin w/Cheese Stick or Ham & Cheese Bagel or Yogurt & Granola Parfait

Fri., March 16

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

Mon. March 19

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

Tues. March 20

Sausage Wrapped in Pancake or Ham & Cheese Bagel or Yogurt & Granola Parfait

Wed March 21

Sausage & Cheese English Muffin or Ham & Cheese Bagel or Yogurt & Granola Parfait

Thurs March 22

Fruit Filled Muffin w/Cheese Stick or Ham & Cheese Bagel or Yogurt & Granola Parfait

Fri., March 23

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

Mon. March 26

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

Tues. March 27

Sausage Wrapped in Pancake or Ham & Cheese Bagel or Yogurt & Granola Parfait

Wed. March 28

Sausage & Cheese English Muffin or Ham & Cheese Bagel or Yogurt & Granola Parfait

Thurs March 29

Fruit Filled Muffin w/Cheese Stick or Ham & Cheese Bagel or Yogurt & Granola Parfait

Fri., March 30

No School



North Country Junior Union High School Breakfast  
March 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	\$1.75	Adult Lunch	\$3.50
Milk \$.50			

**Pay for meals on-line**  
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**Search for Your School and Click the K12 Payment Center link**

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>

