



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



North Country Junior
Union High School Lunch
November 2017



Wed., Nov. 1

BBQ Pulled
Pork Sandwich
Creamy
Coleslaw
Fresh Fruit &
Veggie Bar

Thurs., Nov. 2

Taste Test Event
Cheesy
Ravioli Bake
Garlic
Breadstick
Fresh Fruit &
Veggie Bar

Fri., Nov. 3

Chicken &
Biscuits
Steamed Peas
Fresh Fruit &
Veggie Bar

Mon., Nov. 6

Oven Baked
Chicken Tenders
w/Dipping Sauce
Roasted Sweet
Potato Wedges
Dinner Roll
Fresh Fruit &
Veggie Bar

Tues., Nov. 7

Taco Bar
w/WG Soft
Shell Tortilla
Rice Pilaf
Fresh Fruit &
Veggie Bar

Wed., Nov. 8

Hearty Beef
Chili
Cheesy
Breadsticks
w/Marinara
Fresh Fruit &
Veggie Bar

Thurs., Nov. 9

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

Fri., Nov. 10

No
School

Mon., Nov. 13

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

Tues., Nov. 14

Nachos
Supreme
Rice Pilaf
Fresh Fruit &
Veggie Bar

Wed., Nov. 15

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

Thurs., Nov. 16

Thanksgiving Feast
Oven Roasted Turkey
Chef's Mashed Potato
w/Gravy, Stuffing
Steamed Peas
Chilled Cranberry
Dinner Roll
Holiday Dessert
Fresh Fruit

Fri., Nov. 17

Early Release
Steak &
Cheese
Flatbread
Broccoli Salad
Fresh Fruit &
Veggie Bar

Mon., Nov. 20

Pork
Fried Rice
Steamed
Broccoli
Dinner Roll
Fresh Fruit &
Veggie Bar

Tues., Nov. 21

Birthday
Celebration
Fish Tacos
w/Toppings
Rice Pilaf
Fresh Fruit &
Veggie Bar

Wed., Nov. 22

No
School

Thurs., Nov. 23

No
School

Fri., Nov. 24

No
School

Mon., Nov. 26

Dress Your Own
Bacon
Cheeseburger
Hand Cut
French Fries
Fresh Fruit &
Veggie Bar

Tues., Nov. 28

Layered
Chicken Bowl
(Mashed Potato, Corn,
Chicken Nuggets,
Gravy)
Garlic Breadstick
Fresh Fruit &
Veggie Bar

Wed., Nov. 29

Ham & Cheese
Calzone
w/Marinara Dipping
Sauce
Caesar Salad
Fresh Fruit &
Veggie Bar

Thurs., Nov. 30

Oven Baked
BBQ Chicken
Roasted Sweet
Potato Wedges
Dinner Roll
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
Thursday
November 2, 2017

Featuring
Sweet Potatoes

Harvest of the Month November

Sweet
Potatoes



Local Products Used
when available

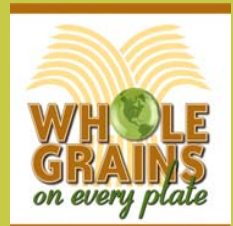
Prices

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





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	Wed., Nov. 1 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Asst. Cereal w/ Cheese Stick	Thurs., Nov. 2 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Twin Cinnamon Buns	Fri., Nov. 3 Bacon Cheddar Biscuit Ham & Cheese Bagel, Blueberry Muffin w/Cheese Stick
Mon., Nov. 6 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Banana Bread	Tues., Nov. 7 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Sausage Wrapped in Pancake	Wed., Nov. 8 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Asst. Cereal w/ Cheese Stick	Thurs., Nov. 9 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Twin Cinnamon Buns
Mon., Nov. 13 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Banana Bread	Tues., Nov. 14 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Sausage Wrapped in Pancake	Wed., Nov. 15 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Asst. Cereal w/ Cheese Stick	Fri., Nov. 10 No School
Mon., Nov. 20 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Banana Bread	Tues., Nov. 21 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Sausage Wrapped in Pancake	Wed., Nov. 22 No School	Thurs., Nov. 16 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Twin Cinnamon Buns
Mon., Nov. 26 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Banana Bread	Tues., Nov. 28 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Sausage Wrapped in Pancake	Wed., Nov. 29 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Asst. Cereal w/ Cheese Stick	Fri., Nov. 17 Early Release Bacon Cheddar Biscuit Ham & Cheese Bagel, Blueberry Muffin w/Cheese Stick
			Thurs., Nov. 23 No School
			Fri., Nov. 24 No School
			Thurs., Nov. 30 Sausage & Cheese English Muffin, Ham & Cheese Bagel, Twin Cinnamon Buns



North Country Junior Union High School Breakfast
November 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		

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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



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>

