

Important Dates

October 2: Taste Test Event
 October 17: Early Release
 October 14-18: National School Lunch Week

The Abbey Group's meal options are prepared home-style daily with fresh local products and comply with the new USDA Meal Patterns!

MENUS ARE SUBJECT TO CHANGE

This institution is an equal opportunity employer and provider



WARDSBORO ELEMENTARY October 2013



DAILY BREAKFAST OPTIONS

NEW

Abbey Breakfast Sandwich
 Sausage & Cheese on English Muffin offered daily!!

MONDAY

Whole Grain French Toast Sticks

TUESDAY

Whole Grain Cinnamon Bun w/Cheese Stick

WEDNESDAY

Scrambled Egg & Cheese Wrap

THURSDAY

Healthy Breakfast Round

FRIDAY

Egg & Ham in a Basket

OR

** Cereals w/English Muffin Or Bagels

Fresh Fruit & Milk With all Meals

Tues., October 1	Wed., October 2	Thurs., October 3	Fri., October 4
Fish Nuggets w/ Tarter Sauce Or Yogurt Or Deli Sandwich Or Chef Salad	Cheesy Breadsticks Or Yogurt Or Deli Sandwich Or Chef Salad	Nachos Supreme Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips Or Yogurt Or Deli Sandwich Or Chef Salad	Meatball Sub Or Yogurt Or Deli Sandwich Or Chef Salad
Rice Pilaf Green Pepper Sticks Bread Slices	Marinara Dipping Sauce Caesar Salad Taste Test Raw Broccoli & Cauliflower	Rice Pilaf Black Bean & Corn Salad	Roasted Sweet Potatoes Cheesy Cauliflower Chocolate Chip Cookie
Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk



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

Benefits:

- Free premium membership for all Abbey Group customers
- Get low balance email alerts for free
- Check meal account balances and account history for free
- Make payments for meals using your credit card for \$1.95 transaction fee (No limit on amount deposited)

Providing parents a safe secure way to manage food service payments and to look up account balances

Prices

Breakfast \$1.50 Lunch \$2.60

Adult Breakfast \$1.50 Adult Lunch \$3.50



Mon., October 7	Tues., October 8	Wed., October 9	Thurs., October 10	Fri., October 11
Hidden Cheeseburger Or Yogurt Or Deli Sandwich Or Chef Salad	Mini Sea Shell Pasta w/Cheese Sauce Or Yogurt Or Deli Sandwich Or Chef Salad	Homemade Pepperoni, Cheese or Veggie Pizza Or Yogurt Or Deli Sandwich Or Chef Salad	Buffalo Chicken Wrap on Soft Flour Tortilla Or Yogurt Or Deli Sandwich Or Chef Salad	Pancakes w/ Warm Syrup Or Yogurt Or Deli Sandwich Or Chef Salad
Rice Pilaf Roasted Zucchini Sticks	Chopped Green Salad Fresh Broccoli Sprigs Oatmeal Cookies	Caesar Salad Carrot Sticks Hummus Dip	Rice Pilaf Warm Black Beans Steamed Corn	Twin Sausage Links Sweet & White Home Fries Celery Sticks
Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk	Fresh Fruit Fresh Milk

Mon., October 14 National School Lunch Week Pig in a Blanket Hot Dog wrapped in Bread Dough Or Yogurt Or Deli Sandwich Or Chef Salad Oven Baked Homemade French Fries Baked Beans Fresh Fruit Fresh Milk	Tues., October 15 National School Lunch Week Cheese Ravioli w/Marinara Or Yogurt Or Deli Sandwich Or Chef Salad Garden Salad Garlic Breadstick Fresh Fruit Fresh Milk	Wed., October 16 National School Lunch Week Mini Individual Pizza Or Yogurt Or Deli Sandwich Or Chef Salad Chopped Green Salad Steamed Broccoli Fresh Fruit Fresh Milk	Thurs., October 17 Early Release National School Lunch Week Taco Bar w/The Works Or Yogurt Or Deli Sandwich Or Chef Salad Rice Pilaf Rainbow Slaw Taste Test: Roasted Broccoli Fresh Fruit Fresh Milk	Fri., October 18 National School Lunch Week Grilled Cheese Sandwich on Goldfish Bread Or Yogurt Or Deli Sandwich Or Chef Salad Broccoli Cheddar Soup Chocolate Chip Cookie Bar Fresh Fruit Fresh Milk
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We Support Local New England Companies

Windham Farm & Food Network	Harlow Farm
Green Mtn. Orchards	Old Athens Farm
Fertile Fields Farm	McKenzie
Westminster Organics Farm	Mazza Farm Stand
High Meadows Farm	Cabot Coop
Grafton Village Cheese Co.	Dutton Farm
New England Coffee	
VT. Hydroponic Produce	

Whole grain options offered daily

Mon., October 21 Oven Baked Chicken Nuggets w/ Dipping Sauce Or Yogurt Or Deli Sandwich Or Chef Salad Roasted Sweet Potato Wedges Baked Beans Dinner Roll Fresh Fruit Fresh Milk	Tues., October 22 Spaghetti w/ Meat or Garden Marinara Sauce Or Yogurt Or Deli Sandwich Or Chef Salad Garden Salad Garlic Breadstick Fresh Fruit Fresh Milk	Wed., October 23 Cheesy Breadsticks Or Yogurt Or Deli Sandwich Or Chef Salad Hearty Homemade Soup Marinara Dipping Sauce Fresh Cauliflower Fresh Fruit Fresh Milk	Thurs., October 24 Chicken Fajitas Chicken, Sautéed Onions & Peppers, Soft Flour Tortilla, Salsa, Cabot Sour Cream Or Yogurt Or Deli Sandwich Or Chef Salad Rice Pilaf Black Bean & Corn Salad Happy Birthday Cake Fresh Fruit Fresh Milk	Fri., October 25 French Toast Sticks w/ Warm Syrup Or Yogurt Or Deli Sandwich Or Chef Salad Scrambled Eggs Sweet & White Home Fries Green Pepper Strips Fresh Fruit Fresh Milk
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Harvest of the Month

October: Broccoli & Cauliflower

Broccoli: Broccoli is a plant in the cabbage family, whose large flower head is used as a vegetable. Broccoli is high in vitamin C, as well as dietary fiber; it also contains multiple potent anti-cancer properties. In North America, production is primarily in California

Roasted Broccoli


Makes 4 Servings
4 cups fresh broccoli
1/4 cup vegetable oil
1 tbsp chili powder
4 tsp garlic
1 tsp salt



Mix together the vegetable oil, chili powder, garlic and salt in a bowl. Add the broccoli and toss to coat. Place on a cookie sheet and bake at 350 degrees for 15—20 minutes

Cauliflower: Cauliflower is a plant in the cabbage family. When cut in 1/2 it looks like a tree with many branches. Cauliflower is an excellent source of vitamin C and dietary fiber.

Cheesy Cauliflower



Cut 1 small cauliflower into flowerets and cook until tender. Melt 2 tablespoons butter and stir in 2 tablespoons flour. Add 1 cup milk and stir until thickened. Add 1/2 teaspoon nutmeg, 1/4 cup chopped parsley and 1 cup grated cheddar cheese. Pour over cauliflower and serve hot.

Mon., October 28 Hot Ham & Cheese Bagel Or Yogurt Or Deli Sandwich Or Chef Salad Spinach Salad w/ Apples & Maple Vinaigrette Red Roasted Potatoes Fresh Fruit Fresh Milk	Tues., October 29 Macaroni & Cheese Or Yogurt Or Deli Sandwich Or Chef Salad Roasted Broccoli Homemade Cornbread Fresh Fruit Fresh Milk	Wed., October 30 Homemade Pepperoni, Cheese or Veggie Pizza Or Yogurt Or Deli Sandwich Or Chef Salad Side Garden Salad Carrot Sticks w/Hummus Dip Fresh Fruit Fresh Milk	Thurs., October 31 Chicken or Bean Enchiladas Or Yogurt Or Deli Sandwich Or Chef Salad Rice Pilaf Seasoned Black Beans Steamed Corn Fresh Fruit Fresh Milk	Looking for a job that lets you be at home when your family needs you there? Come Join our Team!! Got to the link below. You can download an application or see what we have available through Careerbuilder. http:// www.abbeygroup.net/careers.php
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