

Important Dates

May 8: Taste Test Event
May 15: End of Year BBQ
May 25: No School, Memorial Day

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

USDA is an equal opportunity provider and employer

CANAAN SCHOOLS

K-12 MAY 2015



DAILY BREAKFAST OPTIONS

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

Ham & Cheese Bagel

** Cereals w/Toasted English Muffin,
 Bagels, Fresh Fruit & 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>



Fri., May 1

Hand Cut Sweet & White Home Fries
 Served w/ Pancakes
 Warm Syrup
 Sausage Links
 Fruit & Veggie Bar
 Vegetable Soup

Or Yogurt Parfait
 Or Sunbutter and Jelly
 Or Deli Sandwich Or Pizza

Fresh Milk

Deli Sandwich Offered Daily



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 k-6 | \$2.25 |
| | | 7-12 | \$2.50 |
| Adult Breakfast | \$1.50 | Adult Lunch | \$3.25 |

Mon., May 4

Dress Your Own Burger on A Bun

Garden Pasta Salad
 Fruit & Veggie Bar
 Vegetable Soup

Or Yogurt Parfait
 Or Sunbutter and Jelly
 Or Deli Sandwich Or Pizza

Fresh Milk

Tues., May 5

Homemade Cornbread
 Served w/ Homemade Macaroni & Cheese
 Caesar Salad
 Fruit & Veggie Bar
 Vegetable Soup

Or Yogurt Parfait
 Or Sunbutter and Jelly
 Or Deli Sandwich Or Pizza

Fresh Milk

Wed., May 6

Baked Potato Bar
 Chili, Cabot Sour Cream & Fresh Chives
 Steamed Broccoli Dinner Roll
 Fruit & Veggie Bar
 Vegetable Soup

Or Yogurt Parfait
 Or Sunbutter and Jelly
 Or Deli Sandwich Or Pizza

Fresh Milk

Thurs., May 7

Taco Bar w/ Hard or Soft Shell
 Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa & Soft Flour Tortilla
 Rice Pilaf
 Warm
 Fruit & Veggie Bar
 Vegetable Soup

Or Yogurt Parfait
 Or Sunbutter and Jelly
 Or Deli Sandwich Or Pizza

Fresh Milk

Fri., May 8

General Tso's Chicken
 Vegetable Rice
 Fruit & Veggie Bar
 Vegetable Soup
 Sesame Noodles

Or Yogurt Parfait
 Or Sunbutter and Jelly
 Or Deli Sandwich Or Pizza

Taste Test
Mixed Greens

Fresh Milk

| Mon., May 11 | Tues., May 12 | Wed., May 13 | Thurs., May 14 | Fri., May 15 |
|--|--|---|---|--|
| Hand Cut French Potatoes Corn Dog Fruit & Veggie Bar Vegetable Soup Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Pizza Fresh Milk | Spaghetti w/ Meat or Marinara Sauce Chopped Green Salad Fruit & Veggie Bar Vegetable Soup Garlic Breadstick Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Pizza Fresh Milk | Hearty Country Vegetable Soup Cheesy Breadsticks Marinara Sauce Fruit & Veggie Bar Vegetable Soup Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Pizza Fresh Milk | Beef Nachos Seasoned Taco Meat, Cheese Sauce, Salsa, Lettuce, & Corn Tortilla Chips Rice Pilaf Fruit & Veggie Bar Vegetable Soup Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Pizza Fresh Milk | End of Year BBQ Grilled Hamburgers, Hot Dogs and Veggie Burgers Lettuce, Tomato & Condiments Chilled Watermelon Garden Pasta Salad Patriot Pops Fresh Milk |



We Support Local New England Companies



Sentinel Orchards
VT. Country Farms
Cabot Cooperative
Westminster Crackers
New England Coffee
Champlain Orchards
VT. Hydroponic Produce LLC


McKenzie
Mazza Farm Stand
Cold Hollow Cider
Sunrise Orchards
B & D Potato Farm

Whole grain options offered daily

| Mon., May 18 | Tues., May 19 | Wed., May 20 | Thurs., May 21 | Fri., May 22 |
|--|--|---|--|--|
| Dress Your Own Dog Day On a Bun Homemade French Fries Fruit & Veggie Bar Vegetable Soup Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Pizza Fresh Milk | Chicken Alfredo w/Homemade Cheese Sauce Caesar Salad Fruit & Veggie Bar Vegetable Soup Dinner Roll Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Pizza Fresh Milk | BBQ Pulled Pork Sandwich Fresh Carrot Sticks Hummus Dip Fruit & Veggie Bar Vegetable Soup Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Pizza Fresh Milk | Beef Burrito Tortilla Stuffed w/Taco Meat, Shredded Cheddar, Corn and Black Beans Rice Pilaf Chunky Salsa Fruit & Veggie Bar Vegetable Soup Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Pizza Fresh Milk | Scrambled Eggs Green Pepper Strips Baked & Seasoned Sweet & White Potatoes Jumbo Waffles w/ Fruit Topping Fruit & Veggie Bar Vegetable Soup Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Pizza Fresh Milk |

Vegetable of the Month: Mixed Greens



*Arugula is nicknamed “salad rocket”, which is derived from the Latin word *eruca*, meaning caterpillar—this is most likely referring to the hairy stems some varieties possess.

*The word lettuce is derived from the Latin word *lactuca*, which stems from *lactus*, meaning “milk”; this name was designated because of the white resin the stems secrete when they’re cut.


*In China, lettuce represents good luck.

*During the Middle Ages, spinach leaves were sold in the form of round balls, called *espinoche*.

*Spinach contains more iron by weight than a hamburger

Mixed Greens w/Maple Balsamic Vinaigrette

1/2 cup oil (olive if possible)
2 Tbsp. balsamic vinegar
2 Tbsp. maple syrup
1/4 tsp. salt
1/4 tsp. pepper
Mix together all ingredients and pour over mixed greens.



| Mon., May 25 | Tues., May 26 | Wed., May 27 | Thurs., May 28 | Fri., May 29 |
|------------------|---|--|--|--|
| No School | Seasoned Potato Wedges Chicken Patty Sandwich w/Lettuce & Tomato Fruit & Veggie Bar Vegetable Soup Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Pizza Fresh Milk | Sloppy Joes Mixed Greens w/ Maple Balsamic Vinaigrette Fruit & Veggie Bar Vegetable Soup Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Pizza Fresh Milk | Chicken Tortilla w/ The Works Seasoned Chicken Strips, Mozz. Cheese, Lettuce, Salsa & Soft Flour Tortilla Rice Pilaf Fruit & Veggie Bar Vegetable Soup Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Pizza Fresh Milk | Roasted Sweet Potato Wedges Oven Baked BBQ Chicken Fruit & Veggie Bar Vegetable Soup Dinner Roll Or Yogurt Parfait Or Sunbutter and Jelly Or Deli Sandwich Or Pizza Fresh Milk |