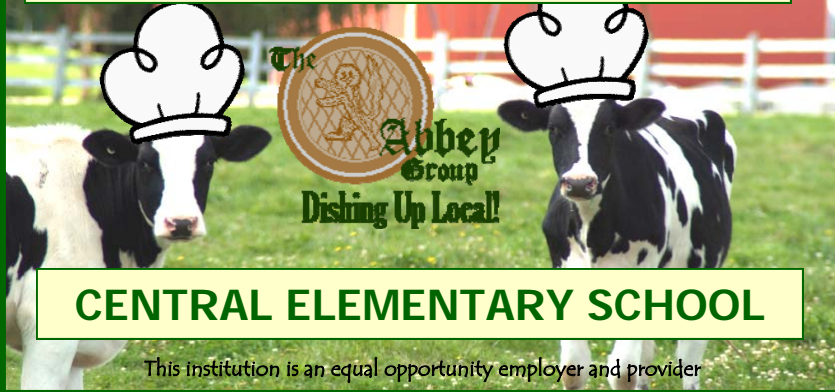


# MENUS FOR AUG/SEPT 2011



## CENTRAL ELEMENTARY SCHOOL

This institution is an equal opportunity employer and provider

### Pay for meals on-line at



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

Visit our website: [www.abbeygroup.net/foodserve.htm](http://www.abbeygroup.net/foodserve.htm) to access school menus, online pre-pay and food policy statements.

#### Prices

##### Breakfast

**Paid** \$1.25  
**Reduced** Free  
**Adult** \$1.75

##### Lunch

**Paid** \$2.00  
**Reduced** \$0.40  
**Adult** \$3.50  
**Milk** \$0.50

#### Comments or Suggestions?

Call or email  
 The Abbey Group  
 1-800-696-4748  
[coments@abbeygroup.net](mailto:coments@abbeygroup.net)

Looking for a job that lets you be at home when your family needs you there?

Come Join our Team!!  
 Call today for more information.

1-866-933-4205 X24

### AVAILABLE DAILY MEAL OPTIONS

MENUS ARE SUBJECT TO CHANGE



**Hoagieville Deli**  
**Garden Fresh Salad Bar**  
**Cabot Yogurt Parfait & String Cheese**  
**Vegetarian Options**  
 OR  
**Hot Entrée listed**

The Abbey Group's meal options are prepared

### DAILY BREAKFAST OPTIONS

**Monday**  
 Whole Grain French Toast Sticks w/Maple syrup  
**Tuesday**  
 Kid's Favorite "UBR" Whole Grain Breakfast Bar  
**Wednesday**  
 Healthy Breakfast Pizza  
**Thursday**  
 Sausage & Cheese on Wheat English Muffin  
**Friday**  
 Scrambled/Hardboiled Egg or Yogurt w/ Breakfast Bun

\*\* Assorted Cereals w/toasted English muffin, bagels w/cream cheese, yogurt parfait w/graham crackers, Fresh Fruit, Juice, Milk

Mon., Aug. 29	Tues., Aug. 30	Wed., Aug. 31	Thurs., Sept. 1	Friday, Sept. 2
	<b>Welcome Back</b> Dress Your Own Burger on Wheat Roll Lettuce, Tomato, Cheese & Pickles Oven Baked French Fries Oven Roasted Zucchini Sticks Fresh Watermelon Slice Farm Fresh Milk	<b>Brunch For Lunch</b> Waffles w/ Warm Syrup Sweet & White Home fries Baked Ham Fruit Filled Crisp Fresh Fruit Farm Fresh Milk	<b>Fiesta</b> Taco Bar w/ The Works Seasoned Taco Meat, Shredded Cheese, Lettuce, Onions, Salsa, Cabot Sour Cream & Soft Flour Tortilla Spanish Rice Creamy Coleslaw Fresh Fruit Farm Fresh Milk	<b>Itza Pizza</b> Homemade Cheese or Pepperoni Pizza Fresh Carrot Sticks w/Hummus Dip Fresh Fruit Farm Fresh Milk
Mon., Sept. 5	Tues., Sept. 6	Wed., Sept. 7	Thurs., Sept. 8	Friday, Sept. 9
<b>Labor Day</b>  <b>No School</b>	<b>Fiesta</b> Chicken Fajitas Chicken, Soft Flour Tortilla, Cabot Sour Cream & Salsa Rice Pilaf Creamy Coleslaw Fresh Fruit Farm Fresh Milk	<b>Soup &amp; Sandwich</b> Grilled Cheese Sandwich on Wheat Bread Creamy Butternut Squash Soup Westminster Saltine Crackers Fresh Kiwi Farm Fresh Milk	<b>Buon Appetito</b> Wheat Spaghetti or Spaghetti Squash w/ Meat or Garden Marinara Sauce Dark Green Garden Salad Homemade Garlic Breadsticks Fresh Fruit Farm Fresh Milk	<b>Itza Stromboli</b> Gourmet Filled Stromboli Pepperoni or Veggie & Cheese Filled Marinated Black Bean & Veggie Salad Fresh Fruit Farm Fresh Milk

<b>Mon., Sept. 12</b> <b>Chuck Wagon Special</b> BBQ Pork Rib Sandwich on Wheat Roll Oven Roasted Sweet Potato Wedges Dark Green Garden Salad Fresh Fruit Farm Fresh Milk	<b>Tues., Sept. 13</b> <b>Localvore Day</b> Pasta & Chicken Tossed in Fresh Local Pesto Local Corn on the Cob Local Zucchini Muffins Fresh Local Apple Farm Fresh Milk	<b>Wed., Sept. 14</b> <b>Hot Oven Fresh</b> Ham & Cheese Double Decker Ham & Cheese Between Wheat Bread Dough Rice Pilaf Steamed Carrots Ice Cream Novelties Fresh Fruit Farm Fresh Milk	<b>Thurs., Sept. 15</b> <b>Fiesta</b> Nachos Supreme Seasoned Taco Meat, Nacho Cheese Sauce, Lettuce, Salsa & Cabot Sour Cream, Corn Tortilla Chips Rice w/Black Beans & Corn Creamy Coleslaw Low-Fat Dessert Fresh Fruit Farm Fresh Milk	<b>Friday, Sept. 16</b> <b>Itza Pizza</b> Homemade Cheese or Pepperoni Pizza Dark Green Garden Salad Low-Fat Dressings Fresh Fruit Farm Fresh Milk
<b>Mon., Sept. 19</b> <b>Chicken Mania</b> Oven Baked Chicken Nuggets w/Dipping Sauce Brown Rice Pilaf Fresh Cucumber Slices w/Dip Whole Wheat Dinner Roll Fresh Fruit Farm Fresh Milk	<b>Tues., Sept. 20</b> <b>Buon Appetito</b> Meat or Cheese Lasagna Dark Green Garden Salad Wheat Dinner Roll Happy Birthday Cake Fresh Fruit Farm Fresh Milk	<b>Wed., Sept. 21</b> <b>Hot Oven Fresh</b> Baked Potato Bar Chili, Homemade Cheese Sauce, Fresh Steamed Broccoli, Cabot Sour Cream & Fresh Chives Side Caesar Salad Homemade Oatmeal Muffin Square Fresh Orange Wedges Farm Fresh Milk	<b>Thurs., Sept. 22</b> <b>Caesar Crazy</b> Chicken Caesar Salad Carrot Sticks w/Ranch Dip Wheat Dinner Roll Fresh Fruit Farm Fresh Milk	<b>Friday, Sept. 23</b> <b>Soup &amp; Breadsticks</b> Homemade Garlic Breadstick Brushed w/Garlic & Parmesan Marinara Dipping Sauce Hearty Minestrone Soup Fresh Carrot Sticks w/Dip Fresh Fruit Farm Fresh Milk
<b>Mon., Sept. 26</b> <b>Catch of the Day</b> Fish & Chips Fish Sticks & French Fries Steamed Corn Wheat Dinner Roll Fresh Fruit Farm Fresh Milk	<b>Tues., Sept. 27</b> <b>American Made</b> Hearty Macaroni & Cheese Fresh Steamed Broccoli Homemade Cornbread Low-Fat Dessert Fresh Fruit Farm Fresh Milk	<b>Wed., Sept. 28</b> <p style="text-align: center;"><b>No School</b></p>	<b>Thurs., Sept. 29</b> <b>Fiesta</b> Taco Bar w/The Works Seasoned Taco Meat, Shredded Cheese, Lettuce, Onions, Salsa, Cabot Sour Cream & Soft Flour Tortilla Rice w/Black Beans & Corn Creamy Coleslaw Fresh Pineapple Wedge Farm Fresh Milk	<b>Friday, Sept. 30</b> <b>Itza Pizza</b> Homemade Cheese or Pepperoni Pizza Dark Green Garden Salad Low-Fat Dressings Fresh Fruit Farm Fresh Milk

**We Support Local New England Companies**



**Whole grain options offered daily**




**Veggie of the Month**

**August: Tomato**

In the United States, more tomatoes are consumed than any other single fruit of vegetable!

**Homemade Tomato Salsa**

- 3 Tomatoes, Chopped
- 1/2 Cup finely diced onion
- 5 Serrano Chiles, finely chopped
- 1/2 cup chopped fresh cilantro
- 1 tsp. salt
- 2 tsp. lime juice

In a medium bowl, stir together tomatoes, Onion, chili peppers, cilantro, salt and lime juice. Chill for one hour in the refrigerator before serving.

**September: Sweet Corn**

There are about 800 kernels in 16 rows on each ear of corn!!

**Corn, Sweet Onion & Tomato Salad**

- 4 Cups Sweet Corn
- 2 large tomatoes diced
- 1 large sweet onion, cut into thin strips
- 4 green onions, chopped
- 1 bunch cilantro leaves, minced into tiny strips
- 2 tsp. lime juice
- 1/3 cup white vinegar
- Salt to taste

Mix all ingredients together. Cover and chill for 45 minutes To an hour. Stir before serving.

