

VSNB/The Abbey Group Food Service

Meals Menu September 28-October 4, 2020

For lunch, students can choose the main menu item, a peanut butter and jelly sandwich, or a yogurt meal.

All full meals are FREE to students and include milk.

Students who bring lunch from home can **purchase milk-only for 50¢**. These students should bring milk money each day or may prepay via cash or check payable to VSNB Lunch Program.

Monday, Sept. 28 Zee Zee Fun Meal: Zee Zee Nutrition Bar, Cheese stick, Fruit, Sunflower seeds Breakfast - Whole Grain Smart Breakfast Cookie & Fruit	Tuesday, Sept. 29 Lunch - Walking Pizza.... Build Your Own ...Flatbread w/ Mozzarella Cheese, Pepperoni, Marinara Sauce, Veggies & Fruit Breakfast - Whole Grain Sweet Bread, fruit	*Distance Learning Wed., Sept. 30 Lunch - Deli Delight ...Turkey & Cheese on a Bagel, Veggies & Fruit Breakfast - Whole Grain Cereal Bar & Fruit	Thursday, Oct. 1 Lunch - Ranch Chicken Salad Wrap, Veggies & Fruit Breakfast - Whole Grain Muffin Bread &	Friday, Oct. 2 Lunch - Chicken Nuggets, Veggies & Fruit Breakfast - Whole Grain Bagel & Cream Cheese
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***Wednesday is Distance Learning Day.** Breakfast and lunch can be ordered by students in their classrooms on Tuesday morning. The meals will be sent home with students at dismissal and should be refrigerated immediately.

WEEKEND MEALS

Students can order weekend meals (two breakfasts and two lunches) on Friday mornings in their classrooms. The meals will be sent home with students at dismissal and should be refrigerated immediately.

Lunch - Egg & Cheese on a Bagel, Veggies & Fruit Breakfast - Cereal & Fruit	Lunch - Maple Burstin Pancakes & Sausage, Veggies & Fruit Breakfast - Cereal & Fruit
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Weekend Meals are also available for all Vermont residents age 18 and under and can be picked up on Friday at the Grab n Go door at the MAU Middle School from 7:30 a.m - 12:00 p.m.

Menus Subject to Change

The Abbey Group is an Equal Opportunity Provider