

VSNB/The Abbey Group Food Service

OCTOBER 2020

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

MONDAY	TUESDAY	WEDNESDAY <i>*Distance Learning</i>	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 - Indigenous People's Day Meals were included in weekend meals	13 - Zee Zee Fun Meal... Zee Zee Nutrition Bar, Cheese Stick, Sunflower Seeds, Fruit Breakfast - Whole Grain Smart Breakfast Cookie & Fruit	14 - Walking Pizza...Build Your Own...Flatbread w/ Mozzarella Cheese, Pepperoni, Marinara Sauce, Veggies & Fruit Breakfast - WG Breakfast Bar & Fruit	15 - Deli Delight on a Bagel... Schools will get Turkey & Cheese; Grab n Go Door will get Ham & Cheese, Veggies & Fruit Breakfast - Whole Grain Sweetbread & Fruit	16 - Mexican Chicken Salad (Not Spicy), Goldfish or Animal Crackers, Veggies & Fruit Breakfast - Whole Grain Muffin & Fruit	17 - Chicken Nuggets, Veggies & Fruit Breakfast - Cereal & Fruit	18 - Frank & Beans, Goldfish, Veggies & Fruit Breakfast - Cereal & Fruit
19 - Sunbutter Sandwich, Cheese Stick, Fruit WG Smart Breakfast Cookie & Fruit	20 - Old Fashion Cheese Sandwich, Veggies & Fruit WG Cereal Bar & Fruit	21 - Ham & Cheese Tortilla, Veggies & Fruit WG Breakfast Bar & Fruit	22 - Chef's Salad, Croutons, Veggies & Fruit WG Sweet Bread & Fruit	23 - Layered Taco Salad, Veggies, Fruit WG Muffin & Fruit	24 - Chicken Patty, Veggies & Fruit Breakfast - Cereal & Fruit	25 - Egg & Sausage on a Bagel, Veggies & Fruit Breakfast - Cereal & Fruit

Menus Subject to Change

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.

***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. *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.*

The Abbey Group is an Equal Opportunity Provider