

VSNB/The Abbey Group Food Service
OCTOBER/NOVEMBER 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
26 - Zee Zee Fun Meal ,Cheese Stick, Sunflower Seeds, Fruit _____ Breakfast - Whole Grain Smart Breakfast Cookie & Fruit	27 - Chicken & Cheese Quesadilla, Black Bean & Corn Salad, Fruit _____ Breakfast - Breakfast Bar & Fruit	28 - Chicken Nuggets, Veggies & Fruit _____ Breakfast - Whole Grain Bagel w/ Cream Cheese & Fruit	29 - Turkey & Cheese Hoagie, Veggies & Fruit _____ Breakfast - Whole Grain Sweetbread & Fruit	30 - Pizza (refrigerator style - cold), Veggies & Fruit _____ Breakfast - Whole Grain Muffin & Fruit	31 - Cheese Ravioli, Veggies & Fruit _____ Breakfast - Cereal & Fruit	1 - Pancakes & Sausage, Veggies & Fruit _____ Breakfast - Cereal & Fruit
2 - Sunbutter Sandwich, Cheese Stick, Fruit _____ Whole Grain Smart Breakfast Cookie & Fruit	3 - Yogurt Fruit Parfait, Granola, Veggies _____ Whole Grain Cereal Bar & Fruit	4 - Ham & Cheese Bagel, Veggies & Fruit _____ Whole Grain Breakfast Bun & Fruit	5 - Chicken & Ranch Salad, Flatbread, Veggies & Fruit _____ Whole Grain Sweet Bread & Fruit	6 - Layered Taco Salad, Veggies, Fruit _____ Whole Grain Muffin & Fruit	7 - Pepperoni & Cheese Calzone _____ Breakfast - Cereal & Fruit	8 - Corn Dog, 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