

VSNB/The Abbey Group Food Service

Meals Menu October 5 - October 11, 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, Oct. 5 Lunch - Sunbutter Sandwich, Cheese Stick, Veggies & Fruit Breakfast - Whole Grain Breakfast Stick & Fruit	Tuesday, Oct. 6 Lunch - Chef's Salad - Romaine, Turkey, Ham & Cheese, Veggies & Fruit Breakfast - Whole Grain Smart Breakfast Cookie & Fruit	*Distance Learning Wed., Oct. 7 Lunch - Chicken Nuggets, BBQ Sauce, Veggies & Fruit Breakfast - Whole Grain Muffin & Fruit	Thursday, Oct. 8 Lunch - Vermonter Chicken Salad, Flatbread, Veggies & Fruit Breakfast - Whole Grain Sweetbread & Fruit	Friday, Oct. 9 Lunch - Ham & Cheese Sandwich, Veggies & Fruit Breakfast - Whole Grain Muffin & Fruit
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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 - Nachos, Veggies & Fruit Breakfast - Cereal & Fruit	Lunch - Ravioli, 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