

## VSNB/The Abbey Group Food Service

### NOVEMBER 16 - 22, 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
<p><b>16</b> - Sunbutter Sandwich, String Cheese, Fruit</p> <hr/> <p>Breakfast - Whole Grain Smart Breakfast Cookie &amp; Fruit</p>	<p><b>17</b> - Ham &amp; Cheese on a Bagel, Veggies &amp; Fruit</p> <hr/> <p>Breakfast - Breakfast Bar &amp; Fruit</p>	<p><b>18</b> - Chicken Nuggets, BBQ Sauce, Veggies &amp; Fruit</p> <hr/> <p>Breakfast - Whole Grain Muffin &amp; Fruit</p>	<p><b>19</b> - Charlie's Favorite - Tuna Salad &amp; Goldfish Crackers, Veggies &amp; Fruit</p> <hr/> <p>Breakfast - Whole Grain Cereal Bar &amp; Fruit</p>	<p><b>20</b> - Ranch Chicken Salad, Flatbread, Veggies &amp; Fruit</p> <hr/> <p>Breakfast - Whole Grain Sweetbread &amp; Fruit</p>	<p><b>21</b> - Italian Pasta Salad, Veggies &amp; Fruit</p> <hr/> <p>Breakfast - Cereal &amp; Fruit</p>	<p><b>22</b> - Chicken Patty, Hamburger Bun, Veggies &amp; Fruit</p> <hr/> <p>Breakfast - Cereal &amp; Fruit</p>

*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 meals will be sent home on Tuesday.** 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. or at all delivery stop*

The Abbey Group is an Equal Opportunity Provider