

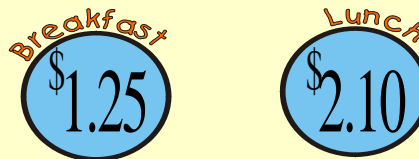
MENUS FOR OCTOBER 2011



WALLINGFORD ELEMENTARY SCHOOL

This institution is an equal opportunity employer and provider

Pay for meals on-line at



Providing parents a safe secure way to manage food service payments and to look up account balances.

Visit our website: www.abbeygroup.net/foodserve.htm to access school menus, online pre-pay and food policy statements.

Prices

Breakfast

Paid \$1.25
Reduced Free
Adult \$1.75

Lunch

Paid \$2.10
Reduced \$0.40
Adult \$3.50

Milk \$0.50

Comments or Suggestions?

Call or email
The Abbey Group
1-800-696-4748
coments@abbeygroup.net

Looking for a job that lets you be at home when your family needs you there?

Come Join our Team!!
Call today for more information.

1-866-933-4205 X24

AVAILABLE DAILY MEAL OPTIONS

MENUS ARE SUBJECT TO CHANGE

Hoagieville Deli
Garden Fresh Salad Bar
Cabot Yogurt Parfait & String Cheese
Vegetarian Options
OR
Hot Entrée listed

The Abbey Group's meal options are prepared home-style daily with fresh local products!

DAILY BREAKFAST OPTIONS

Monday

Whole Grain French Toast Sticks w/Maple syrup

Tuesday

Kid's Favorite "UBR" Whole Grain Breakfast Bar

Wednesday

Healthy Breakfast Pizza

Thursday

Sausage & Cheese on Wheat English Muffin

Friday

Scrambled/Hardboiled Egg or Yogurt w/ Breakfast Bun

** Assorted Cereals w/toasted English muffin, bagels w/cream cheese, yogurt parfait w/graham crackers, Fresh Fruit, Juice, Milk

Mon., October 3

Chicken Mania
Grilled Chicken Sandwich on Wheat Roll

Seasoned Sweet Potato Wedges
Cucumber Sticks

Fresh Fruit
Farm Fresh Milk

Tues., October 4

Buon Appetito
Wheat Spaghetti or Spaghetti Squash w/ Meat or Garden Marinara Sauce

Chopped Green Salad w/Herb Dressing
Homemade Garlic Breadsticks

Fresh Fruit
Farm Fresh Milk

Wed., October 5

Soup & Sandwich
Grilled Cheese Sandwich on Wheat Bread

Hearty Minestrone Soup
Chilled Peach Cup Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., October 6

Fiesta
Taco Bar w/ The Works
Seasoned Taco Meat, Shredded Cheese, Lettuce, Onions, Salsa, Cabot Sour Cream & Soft Flour Tortilla

Brown Rice Pilaf
Creamy Coleslaw

Fresh Watermelon Slice
Farm Fresh Milk

Friday, October 7

Itza Pizza
Homemade Cheese or Pepperoni Pizza

Fresh Carrot Sticks
w/Ranch Dip
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Mon., October 10

NATIONAL SCHOOL LUNCH WEEK

Dog Days

Oven Roasted Hot Dog on Wheat Bun
Ketchup, Mustard, Relish, Onions
Crispy French Fries
Baked Beans

Fresh Fruit
Farm Fresh Milk

Tues., October 11

NATIONAL SCHOOL LUNCH WEEK

Buon Appetito
Chic' Rotini
Chicken, Broccoli, Cheese & Whole Grain Rotini

Dark Green Garden Salad

Fresh Kiwi
Farm Fresh Milk

Wed., October 12

NATIONAL SCHOOL LUNCH WEEK

Brunch For Lunch
Waffles w/ Warm Syrup

Sweet & White Home fries
Sausage Links
Fruit Filled Crisp

Fresh Fruit
Farm Fresh Milk

Thurs., October 13

NATIONAL SCHOOL LUNCH WEEK

Leaf Peepers Luncheon
Sweet & Sour Meatballs

Brown Rice Pilaf
Dark Green Garden Salad
Wheat Dinner Roll
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Friday, October 14

NATIONAL SCHOOL LUNCH WEEK

Itza Stromboli
Gourmet Filled Stromboli
Pepperoni or Veggie & Cheese Filled

Fresh Broccoli Sprigs w/Dip

Fresh Fruit
Farm Fresh Milk

Mon., October 17 That's Italian Italian Style Meatball Sub On Wheat Roll Whole Grain Garlic Rotini Steamed Corn Fresh Fruit Farm Fresh Milk	Tues., October 18 Autumn Harvest Curry Chicken Over Rice Roasted Root Vegetables Warm Spiced Peaches Zucchini Parmesan Bread Fresh Apples Farm Fresh Milk	Wed., October 19 Hot Oven Fresh Ham & Cheese Double Decker Ham & Cheese Between Wheat Bread Dough Brown Rice Pilaf Steamed Carrots Ice Cream Novelties Fresh Fruit Farm Fresh Milk	Thurs., October 20 Early Dismissal Fiesta Chicken Fajitas Chicken, Soft Flour Tortilla, Cabot Sour Cream & Salsa Brown Rice Pilaf Garden Fresh Salad Bar Low-Fat Dessert Fresh Fruit Farm Fresh Milk	Friday, October 21 <p style="text-align: center;">No School</p> <p style="text-align: center;">Parent Conference</p>
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We Support Local New England Companies

Woods Market Garden		Mazza Farm Stand
Clarendon School Garden		Sentinel Orchards
Westminster Crackers		Sunrise Orchards
VT. Country Farms		McKenzie
Sugar Bush Gardens & Maple Products		Cold Hollow Cider
Brown Boar Farm		Cabot Cooperative
Russell Family Farm		
VT. Hydroponic Produce, LLC		

Mon., October 24 Taste of Summer Dress Your Own Burger on Wheat Roll Lettuce, Tomato, Cheese & Pickles Oven Baked Potato Puffs Oven Roasted Zucchini Sticks Fresh Fruit Farm Fresh Milk	Tues., October 25 Itza Wrap Chicken Caesar Salad Wrap Chicken, Romaine, Caesar Dressing on Soft Flour Tortilla Brown Rice w/Seasonal Veggies Fresh Fruit Farm Fresh Milk	Wed., October 26 American Made Hearty Macaroni & Cheese Fresh Roasted Broccoli Homemade Cornbread Happy Birthday Cake Fresh Fruit Farm Fresh Milk	Thurs., October 27 Fiesta Nachos Supreme Seasoned Taco Meat, Nacho Cheese Sauce, Lettuce, Salsa & Cabot Sour Cream, Corn Tortilla Chips Rice w/Black Beans & Corn Creamy Coleslaw Low-Fat Dessert Fresh Fruit Farm Fresh Milk	Friday, October 28 Soup & Breadsticks Homemade Garlic Breadstick Brushed w/Garlic & Parmesan Marinara Dipping Sauce Hearty Chicken Noodle Soup Fresh Carrot Sticks w/Dip Fresh Fruit Farm Fresh Milk
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Whole grain options offered daily




Mon., October 31 Chicken Mania Oven Baked Chicken Nuggets w/Dipping Sauce Seasoned Sweet Potato Wedges Steamed Corn Whole Wheat Dinner Roll Fresh Fruit Farm Fresh Milk				
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Veggie of the Month
October: Broccoli



Broccoli has been around for more than 2000 years. The name "broccoli" comes from the Latin word brachium which means "branch," or "arm." Americans have grown it in their gardens for only about 200 years! The first commercially grown broccoli was grown and harvested in New York, then planted in the 1920's in California. A few crates were sent back East and by 1925 the broccoli market was off the ground. This vegetable is highly recognized for its anti-cancer nutrients. It is a member of the cabbage family.

Roasted Broccoli

Makes 4 Servings

- 4 cups fresh broccoli
- 1/4 cup vegetable oil
- 1 tbsp chili powder
- 4 tsp garlic
- 1 tsp salt

Mix together the vegetable oil, chili powder, garlic and salt in a bowl. Add the broccoli and toss to coat. Place on a cookie sheet and ro