

Newark Street  
School

# MENU

October 2015

Local Products Used on  
when available

*Items in bold and italicized are  
Local Products*

Items in Bold and Underlined are  
Harvest of the Month & Feed Items

All items in Bold are Recipes from the  
New School Cuisine Cookbook created  
by  
Vermont FEED

USDA is an equal opportunity  
provider and employer

## DAILY BREAKFAST OPTIONS

Abbey Breakfast Sandwich  
Sausage & Cheese or Egg & Cheese on  
English Muffin offered daily!!

### MONDAY

Whole Grain French Toast Sticks

### TUESDAY

Whole Grain Cinnamon Bun w/Cheese Stick

### WEDNESDAY

Scrambled Egg & Cheese Wrap

### THURSDAY

Healthy Breakfast Round

### FRIDAY

Homemade Muffin & Hard Boiled Egg

\*\* Bagels, Fresh Fruit & Milk

Looking for a job that  
lets you be at home  
when your family  
needs you there?  
Come Join our Team!!  
Got to the link below.  
You can download an  
application or see what  
we have available  
through  
Careerbuilder.

[http://  
www.abbeygroup.net/  
careers.php](http://www.abbeygroup.net/careers.php)



National School  
Lunch Week  
October 12-16



Thurs., Oct. 1

Beef Nachos  
Seasoned Taco Meat,  
Cheese Sauce, **Cabot  
Sour Cream**, Salsa,  
Lettuce, & Corn Tortilla  
Chips

Rice Pilaf

Fruit &  
Veggie Bar

Fri., October 2

**Harvest Meal**  
BBQ Pork  
Sandwich on  
A Bun

**Roasted Local  
Potato Wedges**

**Local  
Corn on the Cob**

Fruit &  
Veggie Bar

Mon., Oct. 5

Chicken Patty  
Sandwich  
w/Lettuce &  
Tomato

Rice Pilaf

Fruit &  
Veggie Bar

Tues., Oct. 6

Spaghetti w/  
Meat or Marinara  
Sauce or  
**Spaghetti Squash  
Bake**

Spinach Salad  
Garlic Breadstick

Fruit &  
Veggie Bar

Wed., Oct. 7

Taste Test Event  
**Cheesy  
Cauliflower  
Sweet & White  
Home Fries**

Pancakes w/  
**Local VT  
Maple Syrup**

Sausage Links

Fruit &  
Veggie Bar

Thurs., Oct. 8

Hot Turkey  
Sandwich w/Gravy

Homemade  
French Fries  
**Local Potatoes**

**Roasted Broccoli**

Fruit &  
Veggie Bar

Fri., Oct. 9

**Early Release  
King Arthur  
White Wheat  
Flour Homemade  
Pizza, Pepperoni,  
Cheese Or  
Veggie Pizza**

Fresh Carrot  
Sticks

Fruit &  
Veggie Bar

## DAILY LUNCH OPTIONS

Entrée Options

Main Meal or  
**Cabot Yogurt Parfait**

Offered with all Meals

Vegetable/Fruit Bar

Fresh Fruit

Fresh Hood Milk

### Prices

Breakfast \$0.00 Lunch \$2.75

Adult Adult  
Breakfast \$2.00 Lunch \$3.50  
Milk \$.50

**Pay for meals on-line**  
For free on-line service go to  
<http://www.abbeygroup.net>  
Search for Your School and Click the  
K12 Payment Center link

Mon., Oct. 12	Tues., Oct. 13	Wed., Oct. 14	Thurs., Oct. 15	Fri., Oct. 16
National School Lunch Week Homemade French Fries <i>Local Potatoes</i>  Dress Your Own Burger on A Bun  Fruit & Veggie Bar	National School Lunch Week <b>Homemade WG Cornbread</b>  Macaroni & Cheese  Steamed Green Beans  Fruit & Veggie Bar	National School Lunch Week <i>King Arthur</i> White Wheat Flour Homemade Pizza Pepperoni, Cheese Or Veggie Pizza  <b><u>Broccoli Salad</u></b>  Fruit & Veggie Bar	National School Lunch Week Taco Bar w/ Soft Shell Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa <i>Cabot Sour Cream</i> & Soft Flour Tortilla  Rice Pilaf  Fruit & Veggie Bar	National School Lunch Week  Roasted Sweet Potato Wedges  Corn Dog  Fruit & Veggie Bar

Mon., Oct. 19	Tues., Oct. 20	Wed., Oct. 21	Thurs., Oct. 22	Fri., Oct. 23
Chicken Nuggets w/Dipping Sauce  Seasoned Sweet Potato Wedges  Dinner Roll  Fruit & Veggie Bar	Homemade Lasagna  Chopped Green Salad  Wheat Bread Sliced  Fruit & Veggie Bar	Cheesy Breadsticks w/ Marinara Sauce  Caesar Salad  Fruit & Veggie Bar	Beef Nachos Seasoned Taco Meat, Cheese Sauce, <i>Cabot Sour Cream</i> , Salsa, Lettuce, & Corn Tortilla Chips  Rice Pilaf  Fruit & Veggie Bar	October Birthday Celebration Meatball Sub  Garden Pasta Salad  Birthday Cake  Fruit & Veggie Bar

Mon., Oct. 26	Tues., Oct. 27	Wed., Oct. 28	Thurs., Oct. 29	Fri., Oct. 30
Hand Cut French Potatoes <i>Local Potatoes</i> Dress Your Own Hot Dog On a Bun  <b>Cherry Tomato &amp; Corn Salad</b>  Fruit & Veggie Bar	Chicken Alfredo w/Homemade Cheese Sauce  Steamed Carrots  Blueberry Muffin  Fruit & Veggie Bar	<i>King Arthur</i> White Wheat Flour Homemade Pizza Pepperoni, Cheese Or Veggie Pizza  <b><u>Cheesy Cauliflower</u></b>  Fruit & Veggie Bar	Hearty Chicken & Biscuits  Steamed Peas & Carrots  Fruit & Veggie Bar	Grilled Cheese Sandwich  Chicken Noodle Soup  Fruit & Veggie Bar

**We Support Local New England Companies**

Koffee Kup Bakery/VT Bread Co.— Breads & Rolls   
Cabot Cooperative- Yogurt, Sour Cream  
King Arthur Flour- Dinner Rolls, Pizza Dough  
Chappelle's Potatoes  
Georgia Mtn. Maples Syrup— VT. Maple Syrup  
Sunrise Orchards-Apples  
Mazza Farm Stand— Local Produce  
Green Mtn. Farms— Cream Cheese  
Hood-Milk  
Green Mtn. Farm Direct-Local Produce 


**Harvest of the Month**

**October: Broccoli & Cauliflower**


**Broccoli:** Broccoli is a plant in the cabbage family, whose large flower head is used as a vegetable. Broccoli is high in vitamin C, as well as dietary fiber; it also contains multiple potent anti-cancer properties. In North America, production is primarily in California.

**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 bake at 350 degrees for 15—20 minutes



**Cauliflower:** Cauliflower is a plant in the cabbage family. When cut in 1/2 it looks like a tree with many branches. Cauliflower is an excellent source of vitamin C and dietary fiber.

**Cheesy Cauliflower** 

Cut 1 small cauliflower into flowerets and cook until tender. Melt 2 tablespoons butter and stir in 2 tablespoons flour. Add 1 cup milk and stir until thickened. Add 1/2 teaspoon nutmeg, 1/4 cup chopped parsley and 1 cup grated cheddar cheese. Pour over cauliflower and serve hot.