



This Institution is an equal opportunity provider
Menus are subject to change



Tues., Aug. 28

BBQ Chicken Sandwich
w/Lettuce & Tomato
Oven Baked French Fries
Fresh Fruit & Veggie Bar

Wed., Aug. 29

Taco Bar w/ Soft Shell
Homemade Salsa w/Fresh Tomatoes
Rice Pilaf
Fresh Fruit & Veggie Bar

Thurs., Aug. 30

Spaghetti w/ Homemade Meat Sauce
Baker's Pride
Garlic Breadstick
Fresh Fruit & Veggie Bar

Fri., Aug. 31

Pancakes w/ **Local Maple Syrup**
Fresh Cut
Sweet & White Home Fries
Sausage Links
Fresh Fruit & Veggie Bar

Mon., Sept. 3

No School Labor Day

Tues., Sept. 4

Cape Cod Crusted Fish & Chips
(French Fries)
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed., Sept. 5

Birthday Celebration
Slow Roasted BBQ Pork Sandwich
Creamy Coleslaw
Fresh Fruit & Veggie Bar

Thurs., Sept. 6

Shepherd's Pie (Hamburger, Corn & Mashed Potato)
Dinner Roll
Fresh Fruit & Veggie Bar

Fri., Sept. 7

Maple Apple French Toast Bake
Local Maple Syrup
Fresh Cut Sweet & White Home Fries
Sausage Links
Fresh Fruit & Veggie Bar

Mon., Sept. 10

Meatball Sub
Baked Potato w/Toppings
Fresh Fruit & Veggie Bar

Tues., Sept. 11

Taste Test Event
Macaroni & Cheese
Homemade Cornbread
Fresh Fruit & Veggie Bar

Wed., Sept. 12

Steak & Cheese Flatbread
Zucchini Parmesan
Fresh Fruit & Veggie Bar

Thurs, Sept. 13

Oven Roasted Hot Turkey Sandwich
Chef's Mashed Potato
Fresh Fruit & Veggie Bar

Fri., Sept. 14

No School

Mon., Sept. 17

Seasoned Chicken Breast Tenders w/Dipping Sauce
Roasted Sweet Potato Wedges
Dinner Roll
Fresh Fruit & Veggie Bar

Tues., Sept. 18

Nachos w/ The Works
(Ground Beef, Tortilla Chips, Homemade Cheese Sauce)
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed., Sept. 19

Chipotle Chicken & Cheese Flatbread Melt
Local Corn on the Cob
Fresh Fruit & Veggie Bar

Thurs, Sept. 20

Chef's Special American Chop Suey
Baker's Pride
Garlic Breadstick
Fresh Fruit & Veggie Bar

Fri., Sept. 21

Grilled Ham & Cheese Sandwich
Cheddar Broccoli Soup
Fresh Fruit & Veggie Bar

Mon., Sept. 24

Philly Steak & Cheese Sub w/Sautéed Onions & Peppers
Hand Cut French Fries
Fresh Fruit & Veggie Bar

Tues., Sept. 25

Taco Bar w/ Soft Shell
Homemade Salsa w/Fresh Tomatoes
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed., Sept. 26

Sloppy Joe
Garden Pasta Salad
Fresh Fruit & Veggie Bar

Thurs, Sept. 27

Spaghetti w/ Meat Sauce
Baker's Pride
Garlic Breadsticks
Fresh Fruit & Veggie Bar

Fri., Sept. 28

Hearty Chicken & Biscuits
Steamed Peas
Fresh Fruit & Veggie Bar



Haverhill Coop Middle School Lunch
August/September 2018

Entrée Options

Main Meal
Deli Sandwich
Homemade Pizza
Express Lane
Yogurt Parfait Meal

Offered with all Meals

Fresh Fruit & Vegetable Bar
Vegetable Soup
Hood Milk: Skim, 1% white or Fat-Free Chocolate

Taste Test Event
Tuesday
September 11, 2018

Featuring
Broccoli

Harvest of the Month



August
Tomatoes

September
Broccoli/Cauliflower



Prices

Breakfast	\$1.50	Lunch	\$2.35
Reduced	\$.30		\$.40
Adult Breakfast	\$2.00	Adult Lunch	\$3.50
		Milk	\$.50

Pay for meals on-line
For free on-line service go to
www.schoolpaymentportal.com

NORTH COAST SEAFOODS



Chef's Catch



New Local Product: North Coast Seafood

The Abbey Group is proud to announce our Sea to School program. We have contracted with North Coast Seafood in Boston MA. A great third generation family run business. The fishermen are catching GMRI Certified Sustainable Wild Acadian Redfish, locally in the Gulf of Maine. Each fish is caught individually with line and hook. North Coast Seafood fillets the fish, debones the fish, and then breads the fish with low fat Cape Cod breading. This is a whole mussel kid friendly healthy product. We are excited to menu this restaurant quality product and support local business in New England.



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Tues., Aug. 28

Warm Cinnamon Roll
Fresh Fruit
Milk

Wed., Aug. 29

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Aug 30

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Aug 31

Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk

Mon., Sept 3

No School Labor Day

Tues., Sept 4

Warm Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept 5

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs., Sept. 6

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept. 7

Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk

Mon., Sept 10

Whole Grain French Toast Sticks
Fresh Fruit
Milk

Tues., Sept 11

Warm Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept 12

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs, Sept 13

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept 14

No School

Mon., Sept 17

Whole Grain French Toast Sticks
Fresh Fruit
Milk

Tues., Sept 18

Warm Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept 19

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs, Sept 20

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept 21

Fruit Smoothie w/Granola
Fresh Fruit
Milk

Mon., Sept 24

Whole Grain French Toast Sticks
Fresh Fruit
Milk

Tues., Sept 25

Warm Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept 26

Scrambled Egg & Cheese Wrap
Fresh Fruit
Milk

Thurs, Sept 27

Healthy Whole Grain Breakfast Round
Fresh Fruit
Milk

Fri., Sept 28

Fruit Filled Muffin w/ Cheese Stick
Fresh Fruit
Milk



Haverhill Coop Middle School Breakfast

August/September 2018

DAILY BREAKFAST OPTIONS

Sausage & Cheese Muffin
Cereals w/Toasted English Muffin
or Bagels w/Cream Cheese or
Special of the Day

Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.

**Hood Milk: Skim,
1% white or
Fat-Free Chocolate
(free)**

Questions or Comments regarding your School Meal Program?

Please contact The Abbey Group Vice President of Operations
Scott Choiniere

scott@abbeygroup.net



Prices

Breakfast	\$1.50	Lunch	\$2.35
Reduced	\$.30		\$.40
Adult Breakfast	\$2.00	Adult Lunch	\$3.50
		Milk	\$.50

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

Come Join our Team!!
Go to the link below.

You can download an application or see what we have available through Careerbuilder.

<http://www.abbeygroup.net/careers.php>

