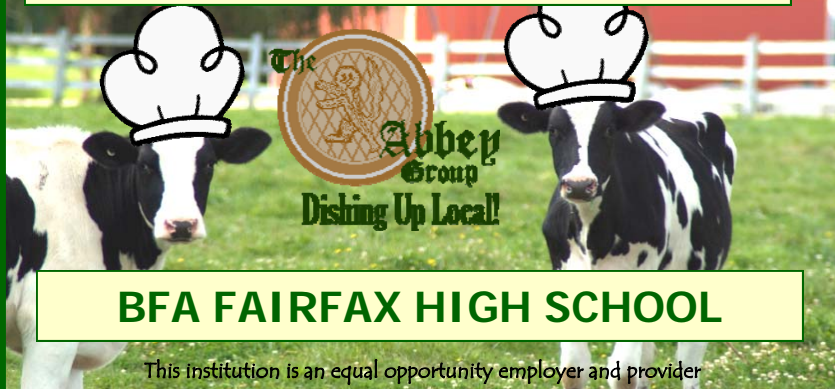


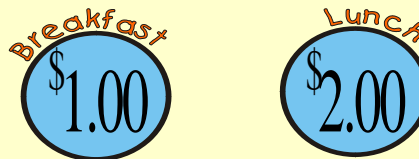
# MENUS FOR MAY 2012



## BFA FAIRFAX HIGH 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](http://www.abbeygroup.net/foodserve.htm) to access school menus, online pre-pay and food policy statements.

#### Prices

##### Breakfast

Paid \$1.00  
Reduced Free  
Adult \$1.50

##### Lunch

Paid \$2.00  
Reduced \$0.40  
Adult \$3.25

Milk \$0.50

#### Comments or Suggestions?

Call or email  
The Abbey Group  
1-800-696-4748  
[comments@abbeygroup.net](mailto:comments@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

School Nutrition Employee Week is May 7-11 Stop by and thank the School cafeteria staff



Tues., May 1	Wed., May 2	Thurs., May 3	Friday, May 4
<b>Earth Day Celebration</b> Baked Potato Bar Chili, Homemade Cheese Sauce, Cabot Sour Cream & Fresh Chives	<b>Calzone Crazy!</b> Italian Style Calzones Pepperoni or Ham & Cheese Filled	<b>Buon Appetito</b> Wheat Spaghetti w/ Meat or Garden Marinara Sauce	<b>Hot &amp; Toasty</b> Open Face Hot Turkey Sandwich
Fresh Steamed Broccoli Whole Wheat Dinner Roll Earth Day Bars	Fresh Carrot Sticks w/ Hummus Dip	Chopped Green Salad w/Herb Dressing Homemade Garlic Breadsticks	Sweet Potato Fries Chilled Cranberry Sauce
Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk

### AVAILABLE DAILY MEAL OPTIONS

**MENUS ARE SUBJECT TO CHANGE**  
Hoagieville Deli Featuring Mckenzie Meats  
Zesty Pizza  
Popular Express Lane  
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

Mon., May 7	Tues., May 8	Wed., May 9	Thurs., May 10	Friday, May 11
<b>Chicken Mania</b> Buffalo Style Chicken Wrap Chicken & Buffalo Sauce in a Soft Flour Tortilla	<b>American Made</b> Harvest Macaroni & Cheese	<b>Localvore Day</b> Local Italian Sausage with Grilled Onions & Peppers Roasted Local Potato Wedges Local Rhubarb Crunch	<b>Fiesta</b> Taco Bar w/ The Works Seasoned Taco Meat, Shredded Cheese, Lettuce, Onions, Salsa, & Soft Flour Tortilla	<b>Taste of Home</b> Bacon Cheeseburger on Wheat Bun
Ranch Rice Pilaf Seasoned Green Beans	Roasted Broccoli Fruit Filled Muffin		Black Beans & Rice Creamy Coleslaw	Lettuce & Tomato Fresh Potato Salad
Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Happy Birthday Cake

### DAILY BREAKFAST OPTIONS

**Monday**  
Whole Grain French Toast Sticks w/Maple syrup  
**Tuesday**  
Bacon Breakfast Burrito  
**Wednesday**  
Omelet Bar  
**Thursday**  
Breakfast Bun  
**Friday**  
Omelet Bar

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

EVERYDAY!



<b>Mon., May 14</b> <b>Summer Time</b> Baked Corndogs With Honey Mustard Dipping  Dark Green Garden Salad Baked Beans  Fresh Fruit Farm Fresh Milk	<b>Tues. May 15</b> <b>Jr. Iron Chef Winners</b> <b>Taste Test:</b> <b>Pretty in Pink</b> <b>Pancakes</b> <b>Chicken Mania</b> Chicken Caesar Salad  Homemade Garlic Bread  Watermelon Farm Fresh Milk	<b>Wed., May 16</b> <b>Itza Stromboli</b> Gourmet Filled Stromboli Pepperoni or Veggie & Cheese Filled  Dark Green Garden Salad  Fresh Fruit Farm Fresh Milk	<b>Thurs., May 17</b> <b>Fiesta</b> Chicken Fajitas Chicken, Soft Flour Tortilla, Cabot Sour Cream & Salsa  Brown Rice Pilaf Broccoli/Carrot Salad  Fresh Fruit Farm Fresh Milk	<b>Friday, May 18</b> <b>Sweet &amp; Sour</b> <b>Hawaii Delight</b>  Sweet & Sour Meatballs served w/Rice Pilaf  Glazed Carrots Wheat Dinner Roll  Fresh Fruit
<b>Mon., May 21</b> <b>Itza Wrap</b> Chicken Caesar Salad Wrap Chicken, Romaine, Caesar Dressing on Soft Flour Tortilla  Lemon Couscous  Cantaloupe Farm Fresh Milk	<b>Tues., May 22</b> <b>Soup &amp;</b> <b>Breadsticks</b> Homemade Garlic Breadsticks Brushed w/Garlic &Parmesan  Hearty Beef & Macaroni Soup  Fresh Fruit Farm Fresh Milk	<b>Wed., May 23</b> <b>All-American</b> <b>Italian Feast</b> Goulash Meat, Tomato Sauce & Pasta  <b>Spinach w/</b> <b>Chick Peas</b> Oatmeal Dinner Roll  Fresh Fruit Farm Fresh Milk	<b>Thurs., May 24</b> <b>Fiesta</b> Nachos Supreme Seasoned Taco Meat, Nacho Cheese Sauce, Lettuce, Salsa & Corn Tortilla Chips  Rice Pilaf Creamy Coleslaw  Low-Fat Dessert  Fresh Fruit Farm Fresh Milk	<b>Friday, May 25</b> <b>French Cuisine</b> French Dip Au Jus served on Homemade Baguette  Roasted Potato Wedges  Fresh Fruit Farm Fresh Milk
<b>Mon., May 28</b>  <b>No</b> <b>School</b> <b>Memorial</b> <b>Day</b>	<b>Tues., May 29</b> <b>Catch of the Day</b> Docksider Fish Sandwich w/Creamy Tartar Sauce  Oven Baked French Fries Fresh Carrot Sticks  Fresh Fruit Farm Fresh Milk	<b>Wed., May 30</b> <b>That's A Wrap</b> Turkey Club Wrap with Lettuce, Tomato, Bacon, Mayo  Garden Pasta Salad  Orange Wedges Farm Fresh Milk	<b>Thurs., May 31</b> <b>Fiesta</b> Cheesy Quesadilla or Chicken & Cheese Quesadilla on Soft Flour Tortilla  Brown Rice Pilaf Bean & Corn Garden Salsa  Fresh Fruit Farm Fresh Milk	

**BFA FAIRFAX HIGH SCHOOL**

**We Support Local New England Companies**

Valley Dream Farm	Sentinel Orchards
VT. Country Farms	McKenzie
Cabot Cooperative	Mazza Farm Stand
Westminster Crackers	Cold Hollow Cider
New England Coffee	Sunrise Orchards
VT. Hydroponic Produce	

**Whole grain options**





**Vegetable of the Month:**  
**Spinach**



Spinach is a cool season crop and belongs to the goosefoot family along with Swiss chard and beets. Spinach is low in calories, and is a good source of vitamin C, vitamin A, and minerals, especially iron. Spinach is best eaten fresh. It loses nutritional properties with each passing day.

**Sweet Spinach Salad**

3 tbs Orange juice concentrate	
2 tbs sugar	
2 tbs cider vinegar	
1 1/2 tsp chopped onion	
1/4 tsp salt	
1/2 cup vegetable oil	
10 oz. pkg Fresh baby spinach	
1 (15 ounce) can mandarin oranges	
2/3 cup slivered almonds	
1. In a blender, combine the orange juice concentrate, sugar, vinegar, onion and salt. While processing, gradually add oil in a steady stream. Refrigerate for at least 1 hour or until chilled.	
2. On salad plates, arrange the spinach, mandarin oranges and almonds. Drizzle w/Dressing	



Scan the QR code above with your Smart Phone to Access the Abbey Group Website