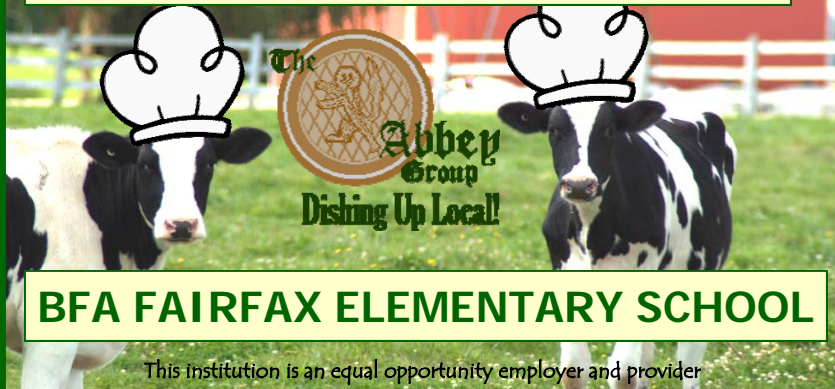


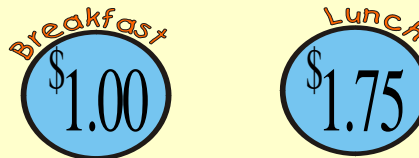
MENUS FOR MAY 2012



BFA FAIRFAX 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 \$1.00
Reduced Free
Adult \$1.50

Lunch

Paid \$1.75
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

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
Earth Day Celebration Baked Potato Bar Chili, Homemade Cheese Sauce, Cabot Sour Cream & Fresh Chives	Itza Pizza Homemade Cheese or Pepperoni Pizza	Buon Appetito Wheat Spaghetti w/ Meat or Garden Marinara Sauce	Hot & Toasty Dress Your Own Burger on Wheat Roll
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	Lettuce, Tomato Pickles, Onions Garden Pasta Salad
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
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
Chicken Mania Chicken Patty Sandwich on Wheat Roll Lettuce & Tomato	American Made Harvest Macaroni & Cheese	Localvore Day McKenzie Hot Dog On Wheat Roll w/The Works	Fiesta Taco Bar w/ The Works Seasoned Taco Meat, Shredded Cheese, Lettuce, Onions, Salsa, & Soft Flour Tortilla	Itza Pizza Homemade Cheese or Pepperoni Pizza
Ranch Rice Pilaf Seasoned Green Beans	Roasted Broccoli Fruit Filled Muffin	Roasted Local Potato Wedges Local Rhubarb Crunch	Black Beans & Rice Creamy Coleslaw	Side Garden Salad Happy Birthday Cake
Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk

DAILY BREAKFAST OPTIONS

Monday
Whole Grain French Toast Sticks w/Maple syrup

Tuesday
Breakfast Burrito

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., May 14 Summer Time Baked Corndogs With Honey Mustard Dipping Dark Green Garden Salad Baked Beans Fresh Fruit Farm Fresh Milk	Tues., May 15 Chicken Mania Chicken Caesar Salad Romaine Lettuce, Creamy Dressing, Grilled Chicken Strips Homemade Garlic Bread Watermelon Farm Fresh Milk	Wed., May 16 Itza Pizza Homemade Cheese or Pepperoni Pizza Dark Green Garden Salad Fresh Fruit Farm Fresh Milk	Thurs., May 17 Fiesta Chicken Fajitas Chicken, Soft Flour Tortilla, Cabot Sour Cream & Salsa Brown Rice Pilaf Broccoli/Carrot Salad Low-Fat Dessert Fresh Fruit Farm Fresh Milk	Friday, May 18 Sweet & Sour Sweet & Sour Meatballs served w/Rice Pilaf Glazed Carrots Wheat Dinner Roll Fresh Fruit Farm Fresh Milk
Mon., May 21 Chicken Mania Oven Baked Chicken Nuggets w/Dipping Sauce Garden Pasta Salad Harvest Muffin Cantaoupe Farm Fresh Milk	Tues., May 22 Soup & Breadsticks Homemade Garlic Breadsticks Brushed w/Garlic & Parmesan Hearty Beef & Macaroni Soup Fresh Fruit Farm Fresh Milk	Wed., May 23 All-American Goulash Meat, Tomato Sauce & Pasta Spinach w/ Chick Peas Oatmeal Dinner Roll Fresh Fruit Farm Fresh Milk	Thurs., May 24 Fiesta Nachos Supreme Seasoned Taco Meat, Nacho Cheese Sauce, Lettuce, Salsa & Corn Tortilla Chips Spanish Rice Creamy Coleslaw Low-Fat Dessert Fresh Fruit Farm Fresh Milk	Friday, May 25 Itza Pizza Homemade Cheese or Pepperoni Pizza Dark Green Garden Salad Fresh Fruit Farm Fresh Milk
Mon., May 28 No School Memorial Day	Tues., May 29 Catch of the Day Fish N Chips Fish Sticks & French Fries w/Creamy Tartar Sauce Oven Baked French Fries Fresh Carrot Sticks Wheat Dinner Roll Fresh Fruit Farm Fresh Milk	Wed., May 30 Itza Wrap Chicken Caesar Salad Wrap Chicken, Romaine, Caesar Dressing on Soft Flour Tortilla Lemon Couscous Orange Wedges Farm Fresh Milk	Thurs., May 31 Fiesta Cheesy Quesadilla On Soft Flour Tortilla Brown Rice Pilaf Bean & Corn Garden Salsa Fresh Fruit Farm Fresh Milk	

BFA FAIRFAX ELEMENTARY

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