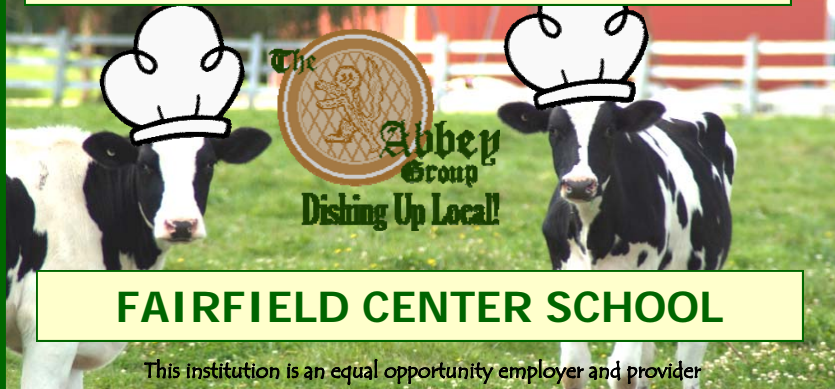


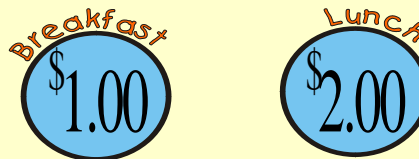
# MENUS FOR MAY 2012



## FAIRFIELD CENTER 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 \$3.50

Milk \$0.75

### 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.

1-866-933-4205amX24

## 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/syrup

**Tuesday**  
Sausage & Cheese on Whole Wheat English Muffin

**Wednesday**  
Healthy Breakfast Pizza

**Thursday**  
Sausage & Cheese and Ham & Cheese on Whole Wheat Bagels

**Friday**  
Breakfast Buns & Scrambled Eggs

\*\*Cereal w/English Muffin, Yogurt Parfait, Bagels, Muffins, Fruit, Milk and 100% Juice offered EVERYDAY!!

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  Whole Wheat Dinner Roll Earth Day Bars  Fresh Fruit Farm Fresh Milk	<b>Soup &amp; Sandwich</b> Grilled Ham & Cheese Sandwich on Wheat Bread  Garden Pasta Salad  Fresh Fruit Farm Fresh Milk	<b>Buon Appetito</b> Wheat Spaghetti w/ Meat or Garden Marinara Sauce  Chopped Green Salad w/Herb Dressing Homemade Garlic Breadsticks  Fresh Fruit Farm Fresh Milk	<b>Itza Pizza</b> Homemade Cheese or Pepperoni Pizza  Fresh Carrot Sticks w/ Hummus Dip  Fresh Fruit Farm Fresh Milk
Mon., May 7	Tues., May 8	Wed., May 9	Thurs., May 10
<b>Chicken Mania</b> Grilled Chicken Sandwich on Wheat Roll Lettuce & Tomato  Zesty Lemon Couscous <b>Spinach Salad w/ Apples &amp; Maple Vinaigrette</b>  Fresh Fruit Farm Fresh Milk	<b>American Made</b> Hearty Macaroni & Cheese  Roasted Broccoli Homemade Cornbread Happy Birthday Cake  Fresh Fruit Farm Fresh Milk	<b>Localvore Day</b> Turkey & Cheddar Stuffed Bread Dough  Roasted Local Potato Wedges Local Rhubarb Crunch  Fresh Fruit Farm Fresh Milk	<b>Fiesta</b> Taco Bar w/ The Works Seasoned Taco Meat, Shredded Cheese, Lettuce, Onions, & Soft Flour Tortilla  Black Beans & Rice Garden Salsa Low-Fat Dessert  Fresh Fruit Farm Fresh Milk
Friday, May 11			
<b>Itza Pizza</b> Homemade Cheese or Pepperoni Pizza  Side Caesar Salad  Fresh Fruit Farm Fresh Milk			

<b>Mon., May 14</b> <b>Chicken Mania</b> Oven Baked Chicken Nuggets w/Dipping Sauce  Garden Pasta Salad Harvest Muffin  Fresh Fruit Farm Fresh Milk	<b>Tues., May 15</b> <b>Home Style</b> Homemade Shepherd's Pie Ground Beef, Mashed Potato & Corn  Steamed Green Beans Homemade Cornbread  Fresh Fruit Farm Fresh Milk	<b>Wed., May 16</b> <b>Brunch For Lunch</b> Waffles w/ Warm Syrup  Sweet & White Home Fries Sausage Links Fruit Filled Crisp  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>Itza Pizza</b> Homemade Cheese or Pepperoni Pizza  Fresh Broccoli Spears w/ Hummus Dip  Fresh Fruit Farm Fresh Milk
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**We Support Local New England Companies**

Maplewood Organics	Sentinel Orchards
Stone Hollow Farm	McKenzie
VT. Hydroponic Produce LLC	Mazza Farm Stand
Flack Family Farms	Sunrise Orchards
Westminster Crackers	Green Heron Farm
Forgotten Thyme Farm	Cabot Coop
Westminster Crackers	
New England Coffee	

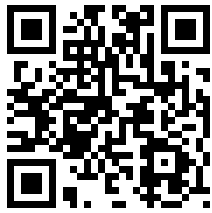


<b>Mon., May 21</b> <b>Dog Days</b> Oven Baked Corn Dog  Baked Beans Fresh Carrot Sticks w/Dip  Fresh Fruit Farm Fresh Milk	<b>Tues., May 22</b> <b>Hot Oven Fresh</b> Chicken Jambalaya Seasoned Chicken w/ Vegetables & Rice  Side Caesar Salad Wheat Dinner Roll  Fresh Fruit Farm Fresh Milk	<b>Wed., May 23</b> <b>All-American</b> Goulash Meat, Tomato Sauce & Pasta  <b>Spinach w/ 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  Spanish Rice Creamy Coleslaw Low-Fat Dessert  Fresh Fruit Farm Fresh Milk	<b>Friday, May 25</b> <b>Itza Pizza</b> Homemade Cheese or Pepperoni Pizza  Dark Green Garden Salad  Fresh Fruit Farm Fresh Milk
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**Whole grain options offered daily**





<b>Mon., May 28</b>  <p align="center"><b>No School Memorial Day</b></p>	<b>Tues., May 29</b> <b>That's Italian</b> Italian Style Meatball Sub On Wheat Roll  Sweet Potato Wedges  Fresh Fruit Farm Fresh Milk	<b>Wed., May 30</b> <b>Itza Wrap</b> Chicken Caesar Salad Wrap Chicken, Romaine, Caesar Dressing on Soft Flour Tortilla  Seasoned Couscous Marinated Black Bean Salad  Fresh Fruit Farm Fresh Milk	<b>Thurs., May 31</b> <b>Fiesta</b> Cheesy Quesadilla or Chicken & Cheese Quesadilla on Soft Flour Tortilla w/ Salsa  Brown Rice Pilaf Veggie Sticks w/Dip Low-Fat Dessert  Fresh Fruit Farm Fresh Milk
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Scan the QR code above with your Smart Phone to Access the Abbey Group Website

**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	
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- 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.
- On salad plates, arrange the spinach, mandarin oranges and almonds. Drizzle w/Dressing