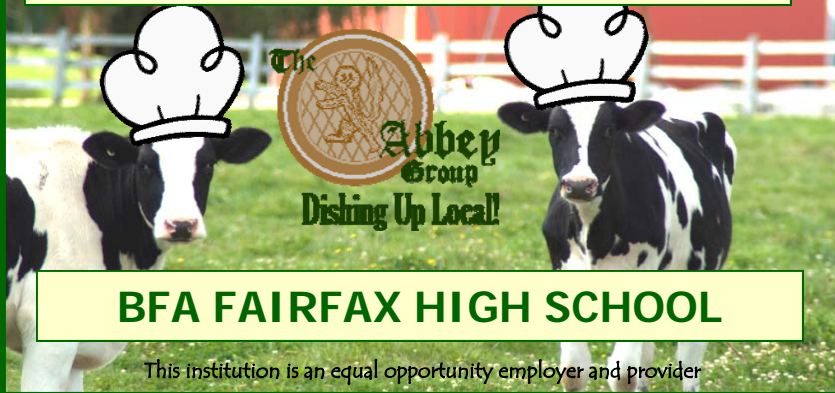


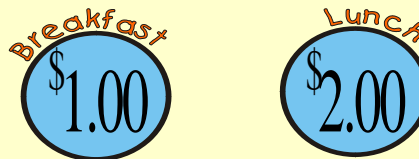
MENUS FOR JUNE 2012



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 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

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



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



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., June 4

Fiesta

Chicken & Cheese Quesadilla on Soft Flour Tortilla

Spanish Rice
 Black Bean Salsa

Fresh Fruit
 Farm Fresh Milk

Tues., June 5

Hearty

Goulash
 Meat, Tomato Sauce & Pasta

Dark Green Garden Salad
 Wheat Bread Slice

Fresh Fruit
 Farm Fresh Milk

Wed., June 6

Fiesta

Taco Bar w/ The Works
 Seasoned Taco Meat, Shredded Cheese, Lettuce, Onions, & Soft Flour Tortilla

Black Beans & Rice
 Garden Salsa

Fresh Fruit
 Farm Fresh Milk

Thurs., June 7

End of Year BBQ

Grilled Hamburgers & Hot Dogs w/all the Fixings
 Ketchup, Mustard, Relish, Pickles, Cheese, Lettuce, Tomato & Onions

Summertime Potato Salad
 Chilled Watermelon

Patriot Pops
 Farm Fresh Milk

Friday, June 8

Itza Stromboli

Gourmet Filled Stromboli
 Pepperoni or Veggie & Cheese Filled

Side Caesar Salad

Fresh Fruit
 Farm Fresh Milk

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!

Mon., June 11	Tues., June 12	Wed., June 13	Thurs., June 14	Friday, June 15
Hearty Oven Baked BBQ Chicken Garden Pasta Salad Wheat Bread Slice Fresh Fruit Farm Fresh Milk	Summertime Dress Your Own Burger on Wheat Roll Lettuce, Tomato, Pickles & Cheese Ranch Rice Pilaf Fresh Fruit Farm Fresh Milk	Last Day of School 1/2 Day Deli Sandwich Or Homemade Chef's Pizza Fresh Carrot Sticks Fresh Apple Farm Fresh Milk		
Mon., June 18	Tues., June 19	Wed., June 20	Thurs., June 21	Friday, June 22
Mon., June 25	Tues., June 26	Wed., June 27	Thurs., June 28	Friday, June 29

BFA FAIRFAX HIGH SCHOOL

We Support Local New England Companies

Valley Dream Farm
VT. Country Farms
Cabot Cooperative
Westminster Crackers
New England Coffee
VT. Hydroponic Produce

Sentinel Orchards
McKenzie
Mazza Farm Stand
Cold Hollow Cider
Sunrise Orchards



Whole grain options



Vegetable of the Month: Lettuce or Salad Greens

Two cups of green leaf lettuce provides:

- n More than 100 percent of the recommended Daily Value (DV) for Vitamin A, and more than 150 percent of the recommended DV for Vitamin K. Vitamin A is essential for healthy vision, while Vitamin K is necessary for proper bone growth.
- n An excellent source of Vitamin C (22% DV), which may help to prevent against heart disease.
- n A good source of the essential mineral manganese, which helps support the immune system, maintain normal blood sugar levels and support normal bone growth and reproduction.



Caesar Salad Wrap

Makes 24 tastes at ¼ slice each

- n 1 head romaine lettuce, torn into bite-size pieces
- n 2 boneless, skinless chicken breasts, cooked and cut into strips (optional)
- n 4 tomatoes, chopped
- n 2 tablespoons green onion, chopped
- n 6 tablespoons reduced fat or lowfat Caesar salad dressing
- n 2 tablespoons shredded Parmesan cheese
- n 6 10-inch fat free flour tortillas

Prepare or purchase cooked chicken in advance. In a large bowl, combine all ingredients, except flour tortillas. Place equal amounts of salad mixture in each tortilla. Fold in both sides and roll up tortilla.