

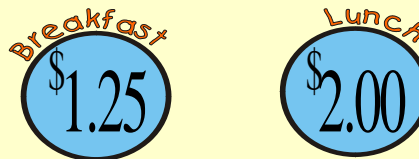
MENUS FOR JUNE 2012



BELLOWS FALLS CENTRAL 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 \$1.25
Reduced Free
Adult \$1.75

Lunch

Paid \$2.00
Reduced \$0.40
Adult \$3.50

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



Choose **MyPlate.gov**

Friday, June 1

Itza Pizza
 Homemade Cheese or Pepperoni Pizza

Fresh Vegetable Sticks

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., June 4

Chicken Mania
 Chicken Fajita on Soft Flour Tortilla

Brown Rice
 Pilaf
 Garden Fresh Salsa

Fresh Fruit
 Farm Fresh Milk

Tues., June 5

That's Italian
 Meat or Cheese Lasagna

Dark Green Garden Salad
 Wheat Bread Slice

Fresh Fruit
 Farm Fresh Milk

Wed., June 6

Brunch For Lunch
 Waffles w/ Warm Syrup

Sweet & White Home Fries
 Baked Ham Slice
 Happy Birthday Cake

Fresh Fruit
 Farm Fresh Milk

Thurs., June 7

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

Friday, June 8

Itza Pizza
 Homemade Cheese or Pepperoni Pizza

Side Caesar Salad

Fresh Fruit
 Farm Fresh Milk

DAILY BREAKFAST OPTIONS

Monday
 Whole Grain French Toast Sticks w/syrup
Tuesday
 Sausage & Cheese and Egg & Cheese on Whole Wheat English Muffins
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!!

Mon., June 11	Tues., June 12	Wed., June 13	Thurs., June 14	Friday, June 15
<p>Hot & Toasty Grilled Ham & Cheese Sandwich on Wheat Bread</p> <p>Confetti Veggie Spaghetti Salad</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Itza Wrap Chicken Caesar Salad Wrap Chicken, Romaine, Caesar Dressing on Soft Flour Tortilla</p> <p>Seasoned Garlic Rotini</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Last Day of School End of Year BBQ Grilled Hamburgers & Hot Dogs w/all the Fixings Ketchup, Mustard, Relish, Pickles, Cheese, Lettuce, Tomato & Onions</p> <p>Summertime Potato Salad Chilled Watermelon</p> <p>Patriot Pops Farm Fresh Milk</p>		
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

We Support Local New England Companies

Windham Farm & Food Network	Harlow Farm
Green Mtn. Orchards	Old Athens Farm
Fertile Fields Farm	McKenzie
Westminster Organics Farm	Mazza Farm Stand
High Meadows Farm	Cabot Coop
Grafton Village Cheese Co.	Dutton Farm
New England Coffee	
VT. Hydroponic Produce	
VT. Hydroponic Produce LLC	

Whole grain options offered daily





Quality Choice Winner

Subway
Dishin' Up Local

**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.