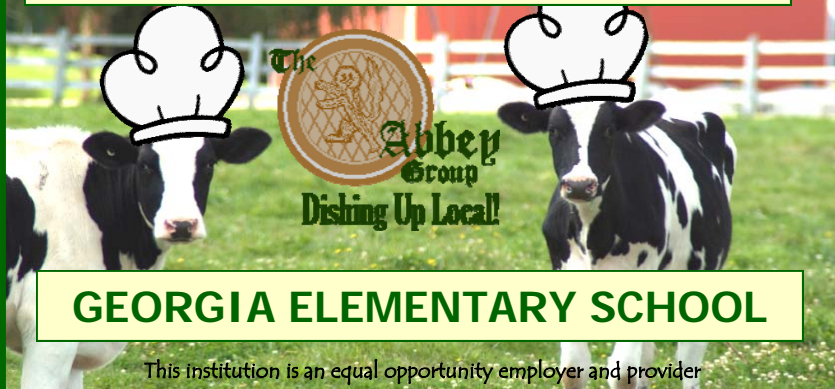


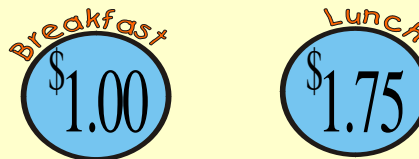
MENUS FOR JUNE 2012



GEORGIA 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



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



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

Buon Appetito
 Wheat Spaghetti w/ Meat or Garden Marinara Sauce

Chopped Green Salad w/Herb Dressing
 Wheat Bread Slice

Fresh Fruit
 Farm Fresh Milk

Wed., June 6

Brunch For Lunch
 Waffles w/ Warm Syrup

Sweet & White Home Fries
 Sausage Links
 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


Mon: Whole Grain French Toast Sticks Or Combo Bar on Whole Wheat English Muffin

Tues: Ham & Cheese on Whole Wheat Bagel

Wed: Breakfast Pizza Pockets

Thurs: Sausage & Cheese on Whole Wheat English Muffin

Friday: Breakfast Buns & String Cheese
 **Cereal w/English Muffin, Yogurt Parfait, Bagels, Muffins, Fruit, Milk and 100% Juice offered

Mon., June 11	Tues., June 12	Wed., June 13	Thurs., June 14	Friday, June 15
Field Days BBQ Grades K-4 Grades 6-8 Homemade Cheese or Pepperoni Pizza Dark Green Garden Salad  Fresh Fruit Farm Fresh Milk	Field Days BBQ Grades 5-8 Grades k-5 Homemade Cheese or Pepperoni Pizza Dark Green Garden Salad  Fresh Fruit Farm Fresh Milk	Field Days Chicken Mania Oven Baked Chicken Nuggets w/Dipping Sauce Oven Baked French Fries Wheat Bread Slice  Fresh Fruit Farm Fresh Milk	Last Day of School Breakfast Only	
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

Garvey's Garden	Sentinel Orchards
VT. Country Farms	McKenzie
Cabot Cooperative	Mazza Farm Stand
Westminster Crackers	B & D Potato Farm
New England Coffee	Cold Hollow Cider
Champlain Orchards	
VT. Hydroponic Produce LLC	
Sunrise Orchards	




Whole grain options offered daily




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.