



Monday

Tuesday

Wednesday

Thursday

Friday

01/31/08

1

In Support of the Vermont agriculture community, The Abbey Group proudly directs our purchasing efforts to include locally grown produce & Vermont made products in our meal production in the cafeterias we manage.

We proudly affiliate our efforts in our Nutritional Pursuits with The Vermont Feed Network and NOFA Organization.

Taste Test Event on February 15th Featuring Vermont Style Chili

There will be an alternative option offered on Fridays during Lent.

♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or ♥Chicken Fajita
♥W/ Sautéed Onions & Peppers
♥Savory Rice Pilaf
♥Seasoned Corn
♥Vermont Sour Cream & Salsa
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

Breakfast Only



www.abbeygroup.net
comments@abbeygroup.net

We make Bag Lunches For Field Trips Bag Lunch Menu
Choice of Grinder & Fixings
Assorted Chips
Assorted Fresh Fruit
Granola Bar
Vermont Farm Fresh Milk

4
♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or
Breaded Chicken Dinner
♥Seasoned Potato Wedges
♥Glazed Carrots
♥Whole Wheat Dinner Roll
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

5
♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or
French Dip w/ Au Jus
Thin Sliced Rst. Beef on French Bread
♥Roasted Red Potatoes
♥Seasoned Green Beans
♥Homemade Healthy Dessert
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

6
♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or
♥Chinese Fried Rice
Veggies, Meat, Rice
♥Steamed Broccoli
♥Mini Egg Rolls
♥Homemade Healthy Dessert
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

7
♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or
Baked Goulash
♥Meat & Vegetarian Style
♥Brilliant Green Peas
♥Chilled Fruit Cups
♥Whole Wheat Dinner Roll
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

8
♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or
Grilled Cheese
Homemade Vegetable Soup
Westminster VT Saltines Crackers
♥Garden Fresh Tossed Salad
♥Homemade Healthy Dessert
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

Daily Breakfast Menu
Assorted Milk
Assorted Juice or Fruit
Assorted, Bagels, Hot Cereals,
Cold Cereals, and Fruit Muffins,
or Choose From A Specialty Entree

11
♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or
Ham & Cheese Melt on a Whole Wheat Bagel
Rotini with a Garlic & Fresh Herbs
♥Fresh Cucumber Wedges
♥Homemade Healthy Dessert
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

12
Local Vermont Day
Vermont Style Chili
Ground Turkey, Maple Syrup,
Veggies & Beans
Corn Bread & Cabot Sour Cream
Side Salad w/ Vt Vinaigrette
♥Homemade Healthy Dessert
♥Vermont Farm Fresh Milk

13
♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or
Homemade Abbey Calzone
Meat & Veggie Fillings
♥Crisp Vegetables Sticks & Dip
♥Fresh Side Caesar Salad
Happy Birthday Febuarites
Happy Birthday Cake
♥Vermont Farm Fresh Milk

14
Happy Valentines Day!
♥Homemade Lasagna
♥Meat & Vegetable
♥Fresh Garden Tossed Salad
♥Assorted Low Fat Dressings
♥Crusty Garlic Bread
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

15
♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or
Cheesy Bread Sticks
♥Italian Marinara Sauce
♥Cheddar Broccoli Soup
♥Fresh Garden Tossed Salad
♥Assorted Low Fat Dressings
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

Specialty Entrees
Daily Selection Offered
Mon., Egg and Cheese Muffins
Ham & Cheese Bagels
Combo Bars
Sausage Muffins
Cinnamon Buns

18
♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or
Homemade Italian Meatball Sub
(Chef's tomato sauce & meatballs)
♥Piping Hot Baked Potato
♥Healthy Pasta Salad
♥Homemade Healthy Dessert
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

19
♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or
♥Chicken Scampi
♥Chicken, Pasta, Broccoli
♥Chilled Fruit Cups
♥Whole Wheat Fruit Muffins
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

20
♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or
Pasta Bar w/ Cheese or Meat Sauce
Rotini or Spaghetti
♥Fresh Garden Tossed Salad
♥Assorted Low Fat Dressings
♥Garlic Dunker Bread
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

21
♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or
Baked Potato Bar
♥Broccoli, Chili, Bacon Bits
Creamy Cheese Sauce
♥Fresh Garden Tossed Salad
♥Homemade Healthy Dessert
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

22
*** NEW Feature Entrée ***
Baked Seasoned Shark
Served with Mango Salsa
♥Savory Rice Pilaf
California Blend Vegetables
♥Whole Wheat Dinner Roll
Creamy Fruit Sorbet
♥Vermont Farm Fresh Milk

Prices
Regular Priced Breakfast, \$1.00
Reduced Priced Breakfast, \$.30
Regular Priced Lunch, \$2.00
Reduced Priced Lunch, \$.40
Vermont Farm Fresh Milk, \$.40
Assorted Juice Box, \$.35
Adult Lunch Price, \$3.00

25
No School

26
No School

27
No School

28
No School

29
No School

Parents Wanted! Now accepting applications for the Food Service. Call Scott at the Abbey Group, 1-866-933-4205 x26 or online applications at www.abbeygroup.net
If your income has changed for any reason, you may apply for free or reduced priced meals anytime. This information is strictly confidential!
Our menus are designed to meet the dietary guidelines of 30% or less fat from calories. This institution is an equal opportunity provider. Menus may change due to school closings without notice.