

got milk?

Bellevue Free Academy Fairfax Middle & High School

February 2008

Monday

Tuesday

Wednesday

Thursday

Friday



<p>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.</p> <p>We proudly affiliate our efforts in our Nutritional Pursuits with The Vermont Feed Network and NOFA Organization.</p>	<p><i>Taste Test Event on February 15th Featuring Vermont Style Chili</i></p> <p>There will be an alternative option offered on Fridays during Lent.</p>	<p>01/31/08</p> <p>♥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</p>	<p>1</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Taco Mexican Bake Beef, Corn, Chips, Potatoes, Cheese ♥Chilled Fruit Cups ♥Homemade Healthy ♥Carrot Muffins ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>4</p> <p>♥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</p>	<p>5</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Hearty Homemade Soup Westminster VT Crackers Grilled Cheese Sandwich ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Homemade Healthy Dessert ♥Vermont Farm Fresh Milk</p>	<p>6</p> <p>♥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</p>	<p>7</p> <p>Chinese New Year! ♥Chinese Fried Rice Veggies, Meat, Rice ♥Steamed Broccoli ♥Mini Egg Rolls & Fortune Cookies ♥Sliced Tangerines ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>11</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Homemade Abbey Calzone Meat & Veggie Fillings ♥Crisp Vegetable Sticks & Dip ♥Fresh Side Caesar Salad ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>12</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Nachos Supreme Meat, Cheese, Salsa, Onions, Peppers, ♥Tomatoes, ♥Black Olives, Sour Cream, and Nacho Chips Spanish Rice Pilaf ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>13</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Breakfast for Lunch ♥Egg & Cheese Breakfast Burritos ♥Garden Fresh Salsa ♥Crisp Oven Baked Hash Brown ♥Homemade Apple Crisp ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>14</p> <p>Happy Valentines Day! Cheesy Bread Sticks ♥Italian Marinara Sauce ♥Hearty Homemade Soup ♥Fresh Garden Tossed Salad ♥Heart Healthy Homemade Rice Crispy Squares ♥Vermont Farm Fresh Milk</p>
<p>18</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Buffalo Style Chicken Wrap Served w/ Blue Cheese ♥Crunchy Vegetable Sticks & Dip ♥Healthy Pasta Salad ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>19</p> <p>♥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 Bread Sticks ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>20</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Home Baked Double Decker (ham & cheese between dough) ♥Crunchy Vegetable Sticks ♥Ranch Dip Tasty Glazed Carrots ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>21</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Taco Bar w/ the Works! Lettuce, Tomato, Cheese Cabot Sour Cream, Salsa, Peppers ♥Spanish Rice ♥Fresh Homemade Coleslaw ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>25</p> <p>Prices Regular Priced Breakfast, \$1.00 Reduced Priced Breakfast, \$.30 Middle School Regular Lunch, \$1.75 High School Regular Lunch, \$2.00 Vermont Farm Fresh Milk, \$.40 Assorted Juice Box, \$.35 Adult Lunch Price, \$3.00</p>	<p>26</p> <p>No School</p>	<p>27</p> <p>No School</p>	<p>28</p> <p>No School</p>
<p>www.abbeygroup.net comments@abbeygroup.net</p> <p>We make Bag Lunches For Field Trips</p> <p>Bag Lunch Menu</p> <p>Choice of Grinder & Fixings Assorted Chips Assorted Fresh Fruit Granola Bar Vermont Farm Fresh Milk</p>	<p>8</p> <p>♥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</p>	<p>15</p> <p>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</p>	<p>22</p> <p>* 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</p>

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.