



<p>In Support of the Vermont agriculture community, The Abbey Group proudly directs our purchasing efforts to include locally grown produce &amp; 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>31-Jan</p> <p>♥Healthy Salad, or ♥Deli Choices, or ♥Chicken Fajita ♥W/ Sautéed Onions &amp; Peppers ♥Savory Rice Pilaf ♥Seasoned Corn ♥Vermont Sour Cream &amp; Salsa ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Homemade Shepherds Pie Beef, Corn, Potatoes ♥Chilled Fruit Cups ♥Homemade Healthy ♥Carrot Muffins ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	
<p>www.abbeygroup.net comments@abbeygroup.net</p> <p><b>We make Bag Lunches For Field Trips</b></p> <p><b>Bag Lunch Menu</b></p> <p>Choice of Grinder &amp; Fixings Assorted Chips Assorted Fresh Fruit Granola Bar Vermont Farm Fresh Milk</p>	<p>4</p> <p>♥Healthy Salad, or ♥Deli Choices, or Oven Baked Chicken Nuggets ♥Ranch Fiesta Rice Pilaf ♥Crunchy Vegetables ♥Whole Wheat Dinner Roll ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>5</p> <p>♥Healthy Salad, or ♥Deli Choices, 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>6</p> <p>7</p> <p><b>Chinese New Year!</b> ♥Chinese Fried Rice Veggies, Meat, Rice ♥Steamed Broccoli ♥Mini Egg Rolls &amp; Fortune Cookies ♥Sliced Tangerines ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>8</p> <p>♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Apples w/ Cinnamon ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>Daily Breakfast Menu Assorted Milk Assorted Juice or Fruit Assorted, Bagels, Hot Cereals, Cold Cereals, and Fruit Muffins, or Choose From A Specialty Entree</p>	<p>11</p> <p>♥Healthy Salad, or ♥Deli Choices, or Dress Your Own Burger pickles, ♥lettuce, ♥tomatoes, &amp; cheese ♥Mouth Watering Corn ♥Seasoned Couscous ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>12</p> <p>♥Healthy Salad, or ♥Deli Choices, or ♥Chicken Lo Mien ♥Chicken, Seasonal Vegetables, ♥Ginger, Garlic, &amp; Noodles ♥Chilled Fruit Cups ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>13</p> <p>♥Healthy Salad, or ♥Deli Choices, or Breakfast for Lunch ♥Egg &amp; 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>15</p> <p><b>Happy Valentines Day!</b> Nachos Supreme Meat, Cheese, Salsa, Onions, ♥Peppers, ♥Tomatoes, ♥Black Olives, Sour Cream, and Nacho Chips ♥Heart Healthy Homemade Rice Crispy Squares ♥Vermont Farm Fresh Milk</p> <p><b>Local Vermont Day</b> Vermont Style Chili Ground Turkey, Maple Syrup, Veggies &amp; Beans Corn Bread &amp; Cabot Sour Cream Side Salad w/ Vt Vinaigrette Vermont Apple Dessert ♥Vermont Farm Fresh Milk</p>
<p>Weekly Specialty Entree Breakfast Menu Mon., Egg and Cheese Muffins Tues., Ham &amp; Cheese Bagels Wed., Combo Bars Thurs., Sausage Muffins Fri., Cinnamon Buns</p>	<p>18</p> <p>♥Healthy Salad, or ♥Deli Choices, or Oven Baked Chicken ♥Roasted Potato Wedges ♥Brilliant Green Peas ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>19</p> <p>♥Healthy Salad, or ♥Deli Choices, 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>♥Healthy Salad, or ♥Deli Choices, or ♥Chinese Fried Rice Veggies, Meat, Rice ♥Steamed Broccoli ♥Mini Egg Rolls ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>21</p> <p>22</p> <p>♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Chilled Jell-O with Mixed Fruit ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p> <p>♥Healthy Salad, or ♥Deli Choices, or Fish -N- Chips (Fish Nuggets &amp; French Fries) Flavorfully Seasoned Corn ♥Whole Wheat Dinner Roll ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>Prices</p> <p>Regular Priced Breakfast, \$1.00 Reduced Priced Breakfast, \$.30 Regular Priced Lunch, \$1.75 Reduced Priced Lunch, \$.40 Vermont Farm Fresh Milk, \$.50 Assorted Juice Box, \$.50 Adult Lunch Price, \$2.75</p>	<p>25</p> <p>No School</p>	<p>26</p> <p>No School</p>	<p>27</p> <p>No School</p>	<p>28</p> <p>29</p> <p>No School</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](http://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.