



<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>♥Healthy Salad, or ♥Deli Choices, 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>♥Healthy Salad, or ♥Deli Choices, 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>
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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	5	6	7	8
♥Healthy Salad, or ♥Deli Choices, or Oven Baked Chicken ♥Ranch Fiesta Rice Pilaf ♥Crunchy Vegetables ♥Whole Wheat Dinner Roll ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk	♥Healthy Salad, or ♥Deli Choices, 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	♥Healthy Salad, or ♥Deli Choices, or Home Baked Double Decker (ham, pepperoni & cheese) ♥Crunchy Vegetable Sticks ♥Ranch Dip Tasty Glazed Carrots ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk	♥Healthy Salad, or ♥Deli Choices, or Spaghetti & Meatballs ♥Steamed Broccoli Warm Garlic Bread Happy Birthday Febuarites Happy Birthday Cake ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk	♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Chilled Apple Sauce ♥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	12	13	14	15
♥Healthy Salad, or ♥Deli Choices, or Dress Your Own Burger pickles, ♥lettuce, ♥tomatoes, & cheese ♥Mouth Watering Corn ♥Seasoned Couscous ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk	♥Healthy Salad, or ♥Deli Choices, 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	♥Healthy Salad, or ♥Deli Choices, or Breakfast for Lunch Sausage Gravy & Biscuits ♥Sweet Potato Home Fries ♥Sliced Apples w/ Cinnamon ♥Fruit Muffin ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk	Happy Valentines Day! Cheesy Bread Sticks ♥Italian Marinara Sauce ♥Hearty Vegetable Soup ♥Fresh Garden Tossed Salad ♥Heart Healthy Homemade Rice Crispy Squares ♥Vermont Farm Fresh Milk	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

Weekly Specialty Entree Breakfast Menu
Mon., Egg and Cheese Muffins
Tues., Ham & Cheese Bagels
Wed., Combo Bars
Thurs., Sausage Muffins
Fri., Cinnamon Buns

18	19	20	21	22
♥Healthy Salad, or ♥Deli Choices, or Oven Baked Chicken Sandwich Fresh Served on Whole Wheat Roll ♥Healthy Pasta Salad ♥Crunchy Vegetables and Dip ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk	♥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	♥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	♥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	♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Sliced Apples w/ Cinnamon ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk

Prices
Regular Priced Breakfast, \$.85
Reduced Priced Breakfast, \$.30
Regular Priced Lunch, \$1.75
Reduced Priced Lunch, \$.40
Vermont Farm Fresh Milk, \$.50
Assorted Juice Box, \$.35
Adult Lunch Price, \$3.00

25	26	27	28	29
No School	No School	No School	No School	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.