

got milk?

Leland & Gray Middle & High School

February 2008

Monday

Tuesday

Wednesday

Thursday

Friday



<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>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>Taste Test Event on February 15th <i>Featuring Vermont Style Chili</i></p> <p>There will be an alternative option offered on Fridays during Lent.</p>	<p>31-Jan</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 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</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>4</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Open Face Hot Hamburger ♥Gravy, Bread, Burger ♥Creamy Mashed Potato ♥Seasoned Green Beans ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>5</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>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>6</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>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>Weekly Specialty Entree Breakfast Menu Mon., Egg and Cheese Muffins Tues., Ham & Cheese Bagels Wed., Combo Bars Thurs., Sausage Muffins Fri., Cinnamon Buns</p>	<p>11</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Homemade Abbey Calzone Meat & Veggie Fillings ♥Crisp Vegetables Sticks & Dip ♥Fresh Side Caesar Salad Happy Birthday Febuarites Happy Birthday Cake ♥Vermont Farm Fresh Milk</p>	<p>12</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>13</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>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</p>	<p>14</p> <p>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</p>
<p>Prices Regular Priced Breakfast, \$1.00 Reduced Priced Breakfast, \$.30 Middle & High Regular Lunch, \$2.50 Reduced Priced Lunch, \$.40 Vermont Farm Fresh Milk, \$.50 Assorted Juice Box, \$.35 Adult Lunch Price, \$3.00</p>	<p>18</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>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</p> <p>♥Chicken Scampi ♥Chicken, Pasta, Broccoli ♥Chilled Fruit Cups ♥Whole Wheat Fruit Muffins ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>20</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>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</p>	<p>21</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>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</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>No School</p>	<p>15</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>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</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.