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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

**Daily Breakfast Menu**  
Assorted Milk  
Assorted Juice or Fruit  
Assorted. Bagels, Hot Cereals, Cold Cereals, and Fruit Muffins, or Choose From A Specialty Entree  
Cream Cheese, Peanut Butter, or Jelly

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

Prices  
Regular Priced Breakfast, \$1.15  
Reduced Priced Breakfast, \$.30  
Regular Priced Lunch, \$1.85  
Reduced Priced Lunch, \$.40  
Vermont Farm Fresh Milk, \$.50  
Assorted Juice Box, \$.50  
Adult Lunch Price, \$2.75

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.

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

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

18  
**No School**

25  
♥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

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

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

19  
**No School**

26  
♥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

**Taste Test Event on February 15th Featuring Vermont Style Chili**

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

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

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

20  
**No School**

27  
♥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

01/31/08  
♥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

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

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

21  
**No School**

28  
♥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

1  
♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or  
**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

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

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

22  
**No School**

29  
**\* 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