



	<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>31-Jan</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>1</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>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>
<p>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</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Oven Baked Chicken Nuggets ♥Ranch Fiesta Rice Pilaf ♥Brilliant Green Peas ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Hearty Homemade Soup Westminster VT Crackers Grilled Cheese Sandwich ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Home Baked Double Decker (ham, pepperoni & cheese) Tasty Glazed Carrots ♥Zesty Creaser Salad ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Italian Goulash ♥Steamed Broccoli Warm Garlic Bread Happy Birthday Febuarites Happy Birthday Cake ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</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 Cream Cheese, Peanut Butter, or Jelly</p>	<p>11 ♥Healthy Salad, or ♥Deli Choices, or Dress Your Own Burger pickles, ♥lettuce, ♥tomatoes, & cheese ♥Mouth Watering Corn ♥Oven Baked Tatar Tots ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>12 ♥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</p>	<p>13 ♥Healthy Salad, or ♥Deli Choices, 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 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>15 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>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>18 No School</p>	<p>19 No School</p>	<p>20 No School</p>	<p>21 No School</p>	<p>22 No School</p>
<p>Prices Regular Priced Breakfast, \$1.00 Reduced Priced Breakfast, \$.30 Regular Priced Lunch, \$1.60 Reduced Priced Lunch, \$.40 Vermont Farm Fresh Milk, \$.50 Assorted Juice Box, \$.50 Adult Lunch Price, \$2.75</p>	<p>25 ♥Healthy Salad, or ♥Deli Choices, or Oven Baked Chicken ♥ Seasoned Potato Wedges ♥Yummy Green Beans ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>26 ♥Healthy Salad, or ♥Deli Choices, or Pasta Bar w/ Cheese or Meat Sauce Rotini or Spaghetti ♥Fresh Garden Tossed Salad Garlic Bread Sticks ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>27 ♥Healthy Salad, or ♥Deli Choices, or Pig -n- Blankets (Hot Dog wrapped in dough) ♥Homemade Baked Beans ♥Crisp Potato Rounds ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>28 ♥Healthy Salad, or ♥Deli Choices, or ♥Chicken Lo Mien ♥Chicken, Seasonal Vegetables, ♥Ginger, Garlic, & Noodles ♥Chilled Fruit Cups ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>29 ♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Chilled Applesauce Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥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.