



www.abbeygroup.net
comments@abbeygroup.net

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, \$1.00
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

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
♥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

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

18
No School

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

5
♥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

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

19
No School

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

Taste Test Event on February 15th Featuring Vermont Style Chili

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

6
♥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

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

20
No School

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

01/31/08
♥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

7
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

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

21
No School

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

1
♥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

8
♥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

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

22
No School

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

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.