



<p>In Support of the Vermont agriculture community, The Abbey Group proudly directs our purchasing efforts to include locally grown produce &amp; 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>01/31/08</p> <p>♥Healthy Salad, or ♥Deli Choices, or ♥Chicken Fajita ♥W/ Sautéed Onions &amp; Peppers ♥Savory Rice Pilaf ♥Seasoned Corn ♥Vermont Sour Cream &amp; 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>
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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

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 Cheesy Bread Sticks ♥Italian Marinara Sauce ♥Hearty Homemade Soup ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk	Happy Valentines Day! Pulled Pork Sandwich Aloha Sweet Potatoes Hawaiian Rice Sunny Pineapple Cups ♥Heart Healthy Homemade Rice Crispy Squares ♥Vermont Farm Fresh Milk	<b>Local Vermont Day</b> 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 ♥Chilled Pineapple ♥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, \$1.50  
Reduced Priced Lunch, \$.40  
Vermont Farm Fresh Milk, \$.40  
Assorted Juice Box, \$.35  
Adult Lunch Price, \$3.00

25	26	27	28	29
<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>

**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.