



01/31/08

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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.

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

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

- ♥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

- Half Day Luncheon
- Assorted Grinders
  - Crunchy Chips
  - Vegetable Sticks
  - Baked Dessert
- ♥Assorted Juice or ♥Fresh Fruit  
♥Vermont Farm Fresh Milk

- 4
- ♥Healthy Salad, or ♥Deli Choices, or Oven Baked Chicken Nuggets
  - ♥Ranch Fiesta Rice Pilaf
  - ♥Crunchy Vegetables
  - ♥Whole Wheat Dinner Roll
  - ♥Homemade Healthy Dessert
  - ♥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
  - ♥Homemade Healthy Dessert
  - ♥Vermont Farm Fresh Milk

- 6
- ♥Healthy Salad, or ♥Deli Choices, or Home Baked Double Decker (ham & cheese between dough)
  - ♥Crunchy Vegetable Sticks
  - ♥Ranch Dip
  - Tasty Glazed Carrots
  - ♥Assorted Juice or ♥Fresh Fruit
  - ♥Vermont Farm Fresh Milk

- 7
- ♥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

- 8
- ♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza
  - ♥Fresh Garden Tossed Salad
  - ♥Assorted Low Fat Dressings
  - ♥Chilled Pineapple Cups
  - ♥Homemade Healthy Dessert
  - ♥Assorted Juice or ♥Fresh Fruit
  - ♥Vermont Farm Fresh Milk

- 11
- 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

- 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

- 13
- Hawaiian Luau Lunch
- Pulled Pork Sandwich
  - Aloha Sweet Potatoes
  - Hawaiian Rice
  - Sunny Pineapple Cups
  - Luau Banana Bread
  - ♥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

- 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

- 18
- ♥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

- 19
- ♥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

- 20
- ♥Healthy Salad, or ♥Deli Choices, or ♥Chinese Fried Rice
  - Veggies, Meat, Rice
  - ♥Steamed Broccoli
  - ♥Mini Egg Rolls
  - ♥Homemade Healthy Dessert
  - ♥Assorted Juice or ♥Fresh Fruit
  - ♥Vermont Farm Fresh Milk

- 21
- ♥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

- 22
- ♥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

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No School

26

No School

27

No School

28

No School

29

No School

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](http://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.



[www.abbeygroup.net](http://www.abbeygroup.net)  
[comments@abbeygroup.net](mailto: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

- 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, \$.85
  - Reduced Priced Breakfast, \$.30
  - Regular Priced Lunch, \$1.35
  - Reduced Priced Lunch, \$.40
  - Vermont Farm Fresh Milk, \$.40
  - Assorted Juice Box, \$.35
  - Adult Lunch Price, \$3.00