



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.

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

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

♥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

www.abbeygroup.net
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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

4	5	6	7	8
♥Healthy Salad, or ♥Deli Choices, or Oven Baked Chicken Nuggets ♥Ranch Fiesta Rice Pilaf ♥Seasoned Carrots ♥Fresh Baked Fruit Muffins ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk	♥Healthy Salad, or ♥Deli Choices, or Hearty Homemade Soup Westminster VT Crackers Grilled Cheese Sandwich ♥Crisp Vegetable Sticks ♥Homemade Healthy Dessert ♥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	♥Healthy Salad, or ♥Deli Choices, or Homemade Goulash ♥Steamed Broccoli Warm Garlic Bread Happy Birthday Febuaryrites Happy Birthday Cake ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk	♥Healthy Salad, or ♥Deli Choices, or Lemon Pepper Haddock ♥Creamy Mashed Potatoes ♥Fresh Garden Tossed Salad ♥Whole Wheat Dinner Roll ♥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 Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Chilled Applesauce Cups ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk	Happy Valentines Day! Home Baked Double Decker (ham & cheese between dough) ♥Zesty Creaser Salad Tasty Glazed Carrots ♥Heart Healthy Homemade Rice Crispy Squares ♥Vermont Farm Fresh Milk	♥Healthy Salad, or ♥Deli Choices, or Breakfast for Lunch ♥Egg & Cheese Breakfast Burritos ♥Garden Fresh Salsa ♥Crisp Oven Baked Hash Brown Homemade Fruit Crisp ♥Assorted Juice or ♥Fresh Fruit ♥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 ♥Mini Egg Rolls ♥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 Oven Baked Cheese Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Apples w/ Cinnamon ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk

Prices
Regular Priced Breakfast, \$1.25
Reduced Priced Breakfast, \$.30
Regular Priced Lunch, \$2.50
Reduced Priced Lunch, \$.40
Vermont Farm Fresh Milk, \$.50
Assorted Juice Box, \$.35
Adult Lunch Price, \$3.25

25	26	27	28	29
No School	No School	No School	No School	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
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.