



Woodford Hollow

February 2008

Monday

Tuesday

Wednesday

Thursday

Friday



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  
♥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

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.