

got milk?

Bellows Free Academy St. Albans

April 2008

Monday

Tuesday

Wednesday

Thursday

Friday



<p>♥Please note that highlighted items are premium nutritiously prepared items!</p> <p>We proudly use Vermont Apples</p>	<p>1 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Ham & Cheese Melt on a Whole Wheat Bagel Rotini with a Garlic & Fresh Herbs ♥Fresh Cucumber Wedges ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>2 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, 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</p>	<p>3 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Open Face Hot Hamburger ♥Gravy, Bread, Burger ♥Creamy Mashed Potato ♥Seasoned Green Beans ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>4 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Stuffed Haddock or Chicken ♥Garlic Mashed Potatoes ♥Glazed Carrots ♥Whole Wheat Dinner Roll ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>7 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Buffalo Style Chicken Wrap Served w/ Blue Cheese ♥Crunchy Vegetable Sticks & Dip ♥Healthy Pasta Salad ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>8 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or French Dip w/ Au Jus Thin Sliced Rst. Beef on French Bread ♥Roasted Red Potatoes ♥Seasoned Green Beans ♥Low Fat Ranch Dip ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>9 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Homemade Abbey Calzone Meat & Veggie Fillings ♥Crisp Vegetables Sticks & Dip ♥Fresh Side Caesar Salad Happy Birthday Aprilrites Happy Birthday Cake ♥Vermont Farm Fresh Milk</p>	<p>10 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Baked Goulash ♥Meat & Vegetarian Style ♥Seasoned Corn ♥Chilled Fruit Cups ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>11 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Grilled Ham and Cheese Chef's Homemade Soup Westminster VT Saltines Crackers ♥Garden Fresh Tossed Salad ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>14 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Frito Lay Nacho Day Meat, Cheese, Salsa, Onions, ♥Peppers, ♥Tomatoes, ♥Black Olives, Frito Lay Baked Scoop Chips Spanish Rice Pilaf ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>15 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or ♥Chicken Scampi ♥Chicken, Pasta, Broccoli ♥Chilled Fruit Cups ♥Whole Wheat Fruit Muffins ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>16 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Pasta Bar w/ Cheese or Meat Sauce Rotini or Spaghetti ♥Garden Fresh Tossed Salad Garlic Bread Sticks ♥Assorted Low Fat Dressings ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>17 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Chicken & Biscuits ♥Gravy, Chicken, Biscuits ♥Mixed Vegetables ♥Cranberry Sauce ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>18 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Grilled Turkey Ruben on Rye Turkey, Swiss, & 1000 Island Dressing Assorted Chips and Pickles Homemade Coleslaw ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>21 Specialty Entrees Daily Selection Offered Mon., Egg and Cheese Muffins Ham & Cheese Bagels Combo Bars Sausage Muffins Cinnamon Buns</p>	<p>22 No School</p>	<p>23 No School</p>	<p>24 No School</p>	<p>25 No School</p>
<p>28 Prices Regular Priced Breakfast, \$1.00 Reduced Priced Breakfast, \$.30 Regular Priced Lunch, \$2.00 Reduced Priced Lunch, \$.40 Vermont Farm Fresh Milk, \$.40 Assorted Juice Box, \$.35 Adult Lunch Price, \$3.00</p>	<p>29 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Dress Your Own Burger Beef & Vegetarian Burgers ♥pickles, lettuce, tomatoes, & cheese Couscous & Veggie Sticks ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>30 Local Vermont Day Vermont Baked Potato Bar ♥Yummy Vermont Potatoes Chili, Broccoli, Sour Cream, ♥Salsa, Cheese Sauce, Chives ♥Fresh Garden Tossed Salad ♥Vermont Maple Sundae ♥Vermont Farm Fresh Milk</p>	<p>In Support of the Vermont agriculture community, The Abbey Group proudly directs it's purchasing efforts to include locally grown produce & 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>	

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.